

What Does Coercive Control Look Like?

Area	Examples
Time	Monitoring schedules, demanding constant contact
Movement	Restricting where someone goes
Money	Controlling employment or finances
Relationships	Isolation from friends and family
Thoughts	Gaslighting, constant criticism
Body	Controlling food, healthcare, pregnancy, intimacy
Identity	Undermining confidence, culture, spirituality

Trauma-Informed Responses

Common Response	Trauma-Informed Response
Why didn't you leave?	What made staying feel safer than leaving?
Why didn't you tell someone?	What made it difficult to reach out?
Are you sure that's what happened?	Thank you for trusting me with your story.
You need to leave immediately.	What would help you feel safer today?
Just call the police.	Let's talk about what feels safest and what options are available.
Why do you keep going back?	Leaving can be incredibly complicated. Tell me about the barriers you're facing.
You have to...	What feels like the next right step for you?

Coercive Control Warning Signs

Things Survivors May Say

- "I just don't want to make them mad."
- "It's easier if I don't tell them."
- "Maybe I'm remembering it wrong."
- "I ask before I buy anything."
- "I don't really see my family anymore."
- "I just don't know who I am anymore."
- "I'm probably overreacting."
- "Everything is fine as long as..."

Keep An Eye On

- Increasing isolation
- Constant monitoring
- Fear of upsetting partner
- Financial dependence
- Sudden withdrawal
- Loss of confidence
- Constant apologizing
- Difficulty making decisions
- Partner speaks for them
- Walking on eggshells
- Fear rather than disagreement

Remember:

Trauma-informed care isn't about having the perfect words.

It's about creating an interaction that increases:

Safety, Trust, Choice, Collaboration, Empowerment, Hope