

The Facts About Coercive Control

Today's video is about something called coercive control.

Narcissists clearly are experts in the area of controlling. One lesser known tactic they use is called coercive control. It is most commonly known to happen in romantic relationships, but it also can happen in parent/child relationships.

Coercive control doesn't always involve physical violence, yet victims wonder if they don't obey the narcissist, will it turn violent one day? Fear is a great weapon, & those who use coercive control are well aware of that fact. Often without so much as touching their victim, they instill a deep fear in them.

There are other signs of coercive control that people need to be aware of abusers using.

Intimidation is a big red flag. Towards the end of my first marriage, my ex was trying to intimidate me by punching things other than me. After, he would tell me how lucky I was he was hitting the walls instead of me. Other forms of intimidation can include showing weapons, blocking you from leaving the room or standing over you in a way as to make themselves look much bigger than you.

"Minor" violent acts. I hate to use the word minor with violent acts because it sounds like it's trivializing violence. That isn't my intention. What I mean is acts like pushing, holding you in place or even pinching hard. These are so called minor violent acts.

Using threats to control. Threatening to leave you, to commit suicide or hurt your child or pet in order to get what they want fall into the category of coercive control.

Micromanaging a victim. When someone controls things like how you dress or how you wash the dishes, it makes you easy to control because in time, you feel as if you must ask your partner for permission to do everything. Some parents continue treating their adult child as if they were young children in need of their guidance well into adulthood. This is known as infantilization.

Financial abuse. An abusive partner will keep their mate in the relationship by destroying their credit, spending all of their paychecks or refusing them all access to the couple's finances.

Isolation is another form of coercive control. It's no secret that abusers isolate their victims. Isolation makes victims easy to control by limiting the information & support they can receive from outside sources. Abusers may claim their victims' friends or family aren't good for them as one way to isolate their victims.

Sex is a very commonly used method of coercive control. Abusers may violently rape their victims of course, but that isn't always the case. Many use shame, saying things like, "Any other woman in the world would do this one little thing for me..." or, "If you loved me, you would do this for me." They also may be very good lovers at first to get you hooked on sex with them, then in time, they suddenly lose interest in having sex with you. When you practically beg them is when they have power over you. They use the opportunity to tell you what they want from you that will make them regain interest in sex.

When things like this happen, it's not easy to identify these behaviors as abusive at first. Abusers get worse gradually, to build a victim's tolerance to abuse. This is probably why so many victims stay... it happened so gradually, they didn't even realize it was happening. By the time they did, they felt unable to escape.

If this describes you or someone you know, please get out NOW!!! These behaviors are all signs of a potentially violent person! Protect yourself & stay safe!