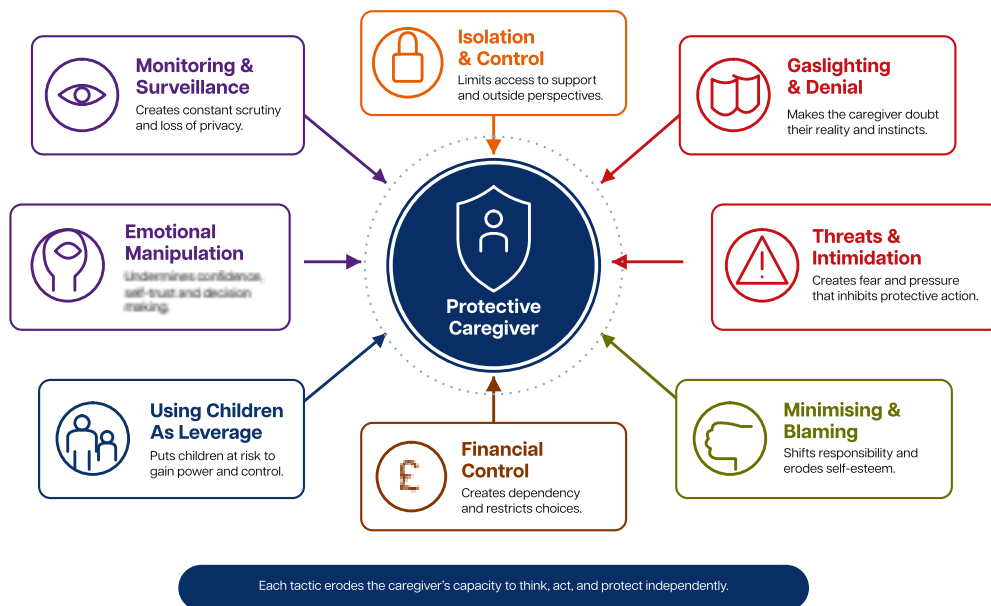


Worksheet 4C

Recognising Coercive Control

Coercive control is a pattern of behaviour that takes away your freedom. Look at the list below and tick any that you have experienced. You do not have to share this with anyone you are not comfortable with.

How Coercive Control Affects Protective Capacity



☐ Checking my phone or accounts without permission	☐ Controlling where I go or who I see
☐ Telling me what to wear or how to look	☐ Controlling money or stopping me from working
☐ Making me feel stupid, worthless or useless	☐ Threatening to harm me, my children or others I love
☐ Making me feel responsible for their behaviour	☐ Isolating me from friends or family
☐ Making me feel afraid of their reaction	☐ Using the children to pressure or control me
☐ Calling me names or humiliating me	☐ Making me doubt my own memory or perceptions

How has this affected my day-to-day life?