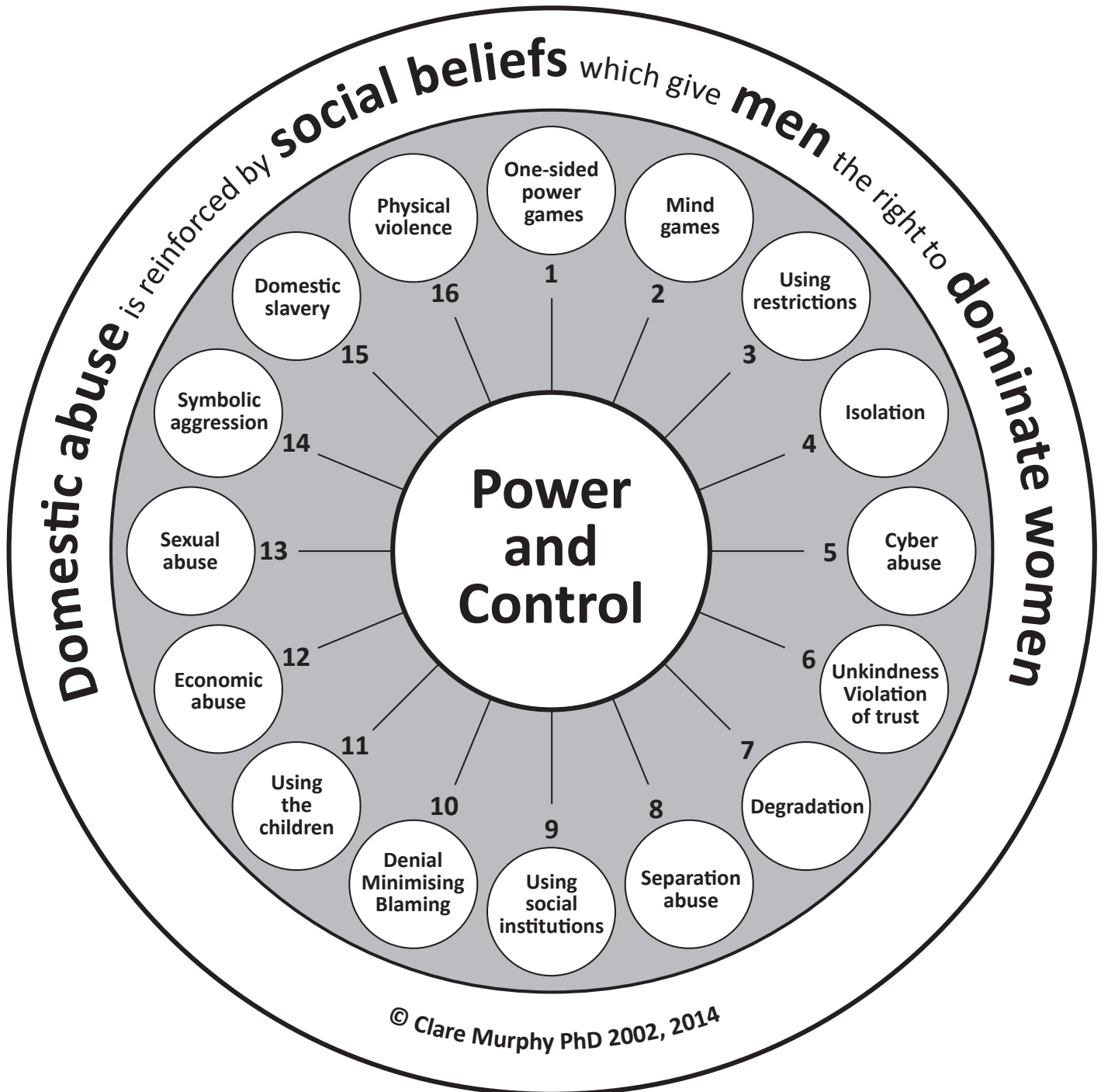


Tactics of Coercive Control Used by Men Against Intimate Female Partners

Updated Wheel - 1 Oct 2014 - includes Cyber Abuse

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Tactics of Coercive Control Used by Men Against Intimate Female Partners

1	One-sided power games	<ul style="list-style-type: none"> • He determines how, when and what gets communicated. • If one tactic does not work, he changes to a new tactic. • What matters to him is not what he does, but what he gains. • She is not allowed to contradict him. • He makes the rules and all the big decisions. • Monopolises her time and energy. • His wants are most important. • He does most of the receiving. • He has his own way at her expense. • He claims to be always right. • He has the last word. • Does not inform her of aspects of his life e.g. new job, business, hobby, who he spends time with. • Always too tired, busy, occupied elsewhere – no team work.
2	Mind games	<ul style="list-style-type: none"> • Says that if she loved him she'd do what he wants. • Says he doesn't care and she can do what she wants and then makes it difficult to do so. • Hides things, turns her alarm clock off so she's late for work. • Brainwashing — guilt trips, gaslighting, crazymaking. • Blocks her from clarifying mixed messages. • If she withdraws he punishes her, if she reaches out he rejects her. • Charming in public and abusive in private. • Questions all her judgments. • Declares he loves her but his actions don't match his words. • Manipulates with lies, tantrums, sulking. • Threatens or attempts suicide as emotional blackmail. • Demands she obey him, but pressures her to break rules outside the relationship e.g. to break the law. • Manipulative moodiness.
3	Using restrictions	<ul style="list-style-type: none"> • Refuses to let her work. • Makes her late for appointments. • Acts as if she can do what she wants, then becomes upset when she does. • He expects her to ask permission. • Discourages her from her own interests. • Prevents her spiritual and creative practices. • Intrudes and interrupts her activities. • Deprives her of privacy. • Monitors her whereabouts. • Demands she account for her time. • Uses anger, emotional blackmail such as sulking and silence to restrict her activities. • Pressures her to be like him, denies her having her own individual tastes. • Sabotages her use of the car e.g. leaves a small amount of petrol in the tank, takes the car keys, does not fix the car or sells it without consent.
4	Isolation	<ul style="list-style-type: none"> • Tells her that she cares more for her friends, family and pets than for him. • Demands loyalty to him, not to others. • Discourages her from seeing family and friends. • Calls her names if she spends time with friends. • Turns family and friends against her. • Tells her that her friends or family don't care about her.

Isolation

- Rude or dismissive of visitors, refuses to go to joint social events.
- Tells her he's the only one who understands and loves her.
- He attempts to divide and conquer by provoking jealousies and rivalries.
- Says what she does makes him jealous so insists she not do it.
- Harasses her about imagined affairs.
- Controls incoming information; including what she reads.
- Requires relationship issues be kept secret.
- Moves from town to town.
- Turns family and friends against her.
- Takes her to and from work so the co-workers will not get 'ideas'.
- He uses Surveillance checking who she spends time with.
- Over-protection and 'caring' e.g. He frequently phones or unexpectedly goes to her work to check up on her; Tries to keep her at home by saying he worries when she's away, e.g. begs her not to go out alone saying she might get raped; Tells her she never has to work because he wants to take care of her.

5

Cyber Abuse

Online Social Cruelty

- Uses a range of electronic devices e.g. mobile phones, mobile phone cameras, video recorders: to tease, harass, mock, torment, monitor, stalk, intimidate, coerce and control.
- Uses social media, emails, text messages, chat rooms, tweets, websites and other internet technologies to control her.
- Puts her private phone number and other details for sale online.
- Impersonates her online using her screen name or password.
- Spreads derogatory messages, false rumours and confidential material to embarrass, humiliate and defame.
- Tells her who she can and cannot 'friend' or 'follow' on social media.
- Uses his Facebook status, and other Social Media to write degrading statements about her.
- Creates website/online forums such as chat rooms or twitter accounts to write abusive messages about her and those close to her.
- Sexting, i.e. creates and posts non-professional sexual or nude images or videos of her on social media.
- Sends unwelcome messages to her friends, family, employer.

Cyberbullying

- Steals or forces her to disclose passwords.
- Insists she always be available at the end of the phone.
- Demands that she take nude photos of herself and send them to him.
- Uses recordings, photos and videos to blackmail her.
- Mobility impaired: Sabotages or removes her electronic and communication aids.
- Speech impaired: Interferes with her ability to use her TRS.
- Sight impaired: Sabotages or removes her braille equipment.
- Records violent and sexual assaults followed by threats to post online.
- Coerces her to 'volunteer' her phone for him to check.
- Uses manipulation or intimidation if she delays responding to text messages.
- Sends unwanted threatening and abusive emails.
- Tampers with her emails, checks the 'sent' and 'deleted' folders.
- Emails computer viruses to her.
- Spamming, i.e. purposefully floods her email box with junk mail.
- Mail bombing, i.e. sends lengthy or sizeable emails that use all her computer memory.
- Tells her who she can and can't 'friend' on social media.
- Threatens to, or actually uploads and distributes personal photos, videos and information online against her will.

Cyber Abuse

Cyberstalking

- Digital voyeurism, i.e. uses a range of technology to monitor her, e.g. Installs hidden surveillance cameras and listening devices, taps her phoneline.
- Wilfully sends excessive amounts of unwelcome texts, phone calls and voice messages.
- Frequently looks through her phone checking her contacts, calls, texts, voice messages and photos.
- Malicious use of GPS to track her movements.
- Uses her caller ID on her phone to pursue her and track her down.
- Hearing impaired: Reviews history on her TDD and TTY phone device message delivery service to keep track of her.
- Doxxing, i.e. trawls through the internet to locate every type of personal information pertaining to her such as contact details, geographical location, passwords.
- Accesses her internet banking to monitor, or use, her funds.
- Follows and monitors her online movements.
- Signs into her Social Media accounts, chat forums and her other social network sites.
- Installs software, e.g. spyware and sniffer programmes to detect information such as usernames and passwords that are sent or received on her computer. Spyware records all her attempts to delete emails and internet browser history. Installation can be achieved by direct access to her computer or by concealing it in an email attachment.
- Installs hardware, e.g. keystroke logging hardware onto her keyboard or back of her computer to keep tabs on who she communicates with, and where or if she seeks support or advice.

6 Unkindness Violation of trust

- He withholds care, respect, approval, affection and support.
- Acts like she doesn't matter.
- Ignores her when they begin a conversation.
- He promises to help and then 'forgets' or helps with conditions attached.
- He helps other people but not her.
- Complains about or dismisses her if she's upset or asks for emotional support.
- He lacks empathy.
- Threatens to abandon her if he doesn't get his way or makes it emotionally difficult when she wants to or needs to leave.
- Exploits her intimate disclosures and uses them as ammunition.
- Acts cruelly, then says she is too sensitive and cannot take a joke.
- Neglect and indifference e.g. ignores her need for assistance when she's tired, overworked, or sick.
- Passive-aggressive backstabbing, going behind her back.
- Chronic lying and deceitfulness.
- Does not have her best interests at heart.
- Not available for the family.

7 Degradation, Suppression of potential

- Criticises her strengths and achievements.
- Puts her down, calls her names, uses abusive language.
- Corrects things she says or does.
- Deprives her of sleep, food and health care.
- Humiliates and embarrasses her in public.
- Uses emotional blackmail to make her feel selfish or guilty for pursuing her own interests.
- Tells her their relationship is the best she can hope for.
- Threatens a range of reasons why she could not ever leave.
- Uses anger to degrade or shut down her ideas.
- Puts down, makes fun of her cultural/spiritual traditions/beliefs.
- Tries to stop her from her spiritual practices and going to church/temple.
- Destroys meaningful spiritual objects or scriptures.

	Degradation, Suppression of potential	<ul style="list-style-type: none"> • Forces her to engage in spiritual practices against her beliefs. • Attacks her wairua/inner spirit/desire to flourish. • Prevents pursuit of dreams, passions and potential (spiritual, intellectual, emotional, work, creativity, etc.)
8	Separation abuse	<ul style="list-style-type: none"> • Stalking campaigns: driving by her house, leaving notes on car windshield, taking photos without consent, warning her that bad things might happen, performing favours without her permission, leaving unwanted gifts and making unwanted phone calls. • Enters her house while she's not there and interferes with her things • Visitation of children is accompanied by harassment. • Endless legal hearings aimed at diminishing her financial and emotional resources. • Negotiation for custody and property occurs in a climate of fear including blackmail. • Brainwashes women's potential supporters into believing he has not caused harm and that she is crazy. • Whilst isolating her from others he refuses to exit from her life upon her request. • Refuses to commit to her, but does things to prevent her from forming a close relationship with another partner. • Cyberbullying, cyberstalking, Uses GPS and other technology to monitor her.
9	Using social institutions and Social prejudices	<p><i>Enforces male privilege and entitlement through:</i></p> <ul style="list-style-type: none"> • Social Services: Threatens to tell social services that she is an unfit parent. • Legal system: Uses drawn-out, frequent battles for child custody to get at her. Uses holes in legal system, e.g. knowing he can get away with breaching protection order. Threatens to plant drugs on her and report her to police. • Child financial Support system: Finds ways to not pay child support • Mental Health system: Tries to convince her she needs a psychiatrist. • Gender: Comments/actions that denigrate her abilities/worth based on her gender. Makes demeaning remarks about women and tells anti-women jokes • Religion: Tells her she has to obey him because the Bible/Qur'an/Vedas/Book of Mormon etc. says so. Says God does not allow divorce. Misuses religious doctrines to justify coercive control and abuse • Uses stopping abuse programmes: Tells her how lucky she is coz his actions are nothing compared with other men's; misinterprets the training and tells her that her behaviours are psychologically abusive; learns how to use a wider range of tactics. • Uses workplace: Withholds info about shift/work patterns so she cannot plan childcare • Uses her social status as excuse to: Abuse her because he's jealous/intimidated by her competence/higher status e.g. financial, education, employment, social, psychological, cultural. • Uses social prejudices to reinforce his power. Tells her: She deserves abuse because she's <i>just</i> a woman (gender); she's <i>just</i> a Maori/Black/Indian/Aborigine/Hispanic (race); she's <i>just</i> a kid (age); she doesn't have a <i>real</i> job (volunteers/housework); she's <i>only</i> a mother (non-breadwinner); she'd be nowhere without him (wealth); she can't even walk out the door (disabled); she's a fat slob (body image); she's dumb (education); she's just a mail order bride (immigrant). • Uses loopholes in immigration system: Uses his citizenship or residency privilege. Tells her: she has no rights coz she wasn't born here, threatens to have her deported, threatens to withdraw sponsorship, tells her she will be shot, burned, killed if she returns to her home country; uses unresolved immigration status as ammunition to control her; threatens to have her name removed from residency application; controls/destroys her passport and other documents; threatens to take her children; fails to file immigrant status papers; isolates her from others who speak her language; refuses to allow her to learn English. Misinterprets her culture to prove male superiority and entitlement.

10	Denial Minimising Blaming Forgetting	<ul style="list-style-type: none"> • Minimises – says abuse was not that bad. • Uses rationality and reasoning such as reminding her of times he was right and she was wrong. • Denies responsibility for his behaviours. • Blames her. Twists things around so that it appears she is responsible. • Blames the abuse on his stress, drugs, alcohol, upbringing etc. • When she gives him feedback about his behaviours he picks her personality apart. • Warns her that if she leaves, he'll commit suicide and she'll be responsible. • Obstructs change. • Conveniently 'forgets' promises, agreements, abusive incidents. • Tells his new partner that his previous partner(s) was abusive/controlling.
11	Using the children	<ul style="list-style-type: none"> • Punishes or deprives the children when he is angry with her. • Makes her feel guilty about the children. • He says he wouldn't lose his temper if she kept the children quieter. • Undermines her relationship with her children. • Purposefully belittles her in front of the children. • Forces the children to participate in abusing her e.g. calling her denigrating names. • Tells her she's a bad parent. • Threatens to kidnap the children if she leaves him. • Once separated he uses the children to relay messages to her and harasses her during visitation. • Changes or cancels visits to get at her. • Tells the children to spy on and interrogate her. • Uses children as pawn to coerce her into getting back together with him. • Murders the children to punish her.
12	Economic abuse	<ul style="list-style-type: none"> • He controls the money . . . <ul style="list-style-type: none"> • Prevents her from getting a job. • Denies her access to bank accounts, makes her ask permission to have, or spend money, monitors how much and what she spends money on, or takes the money away. • Gives her everything she wants, but constantly reminds her she couldn't have such a lifestyle without him. • Excludes her from important financial decisions, refuses access to information about their financial situation. • He insists she be in charge of the money . . . <ul style="list-style-type: none"> • Makes her responsible for running the accounts, then demands she give him money for anything he wants, when he wants, over and above the budget. • Blames her if there is not enough money. • Inappropriately uses family funds, forces her to bail him out of self-inflicted financial difficulties. • Refuses to work creating extreme financial hardship. • Takes money out of her wallet or steals her possessions and sells them.
13	Sexual abuse	<ul style="list-style-type: none"> • Expects/demands sex when she doesn't desire it. • Pressures her to have sex when she's sick or it endangers her health. • Insists on unwanted and uncomfortable touching. • Begs her to strip when she doesn't want to. • Insists she dress in a more sexual way than she wants. • Manipulates her into having sex in return for a gift or a back rub. • Will not do what excites her sexually, minimises the importance of her feelings about sex and withholds affection. • Makes sexual jokes about her in front of the children and other people. • Makes fun of her body. • Compares her unfavourably to pornographic images and to previous lovers.

	Sexual abuse	<ul style="list-style-type: none"> • Humiliates and criticises her sexuality, calls her frigid, a whore or gigolo. • Has affairs with other people after agreeing to a monogamous relationship. • Tries to seduce her friends and family. • Makes her perform degrading sexual acts in public. • Forces her to have sex with others while he watches. • Psychologically coerced rape. • Refuses to use contraception, forces her to get pregnant against her will. • Forces her to have an abortion, prevents her from having children.
14	Symbolic aggression	<ul style="list-style-type: none"> • He keeps a weapon on view or within reach. • Direct or indirect verbal threats to hurt/murder her or her family. • Blocks door so she can't leave, or he refuses to leave. • Drives recklessly with her in the car. • Attempts to run her off the road. • Uses looks and actions to make her afraid (these work easily due to ongoing power and control tactics which seem innocent to an outsider). • Threatens to abuse her again as blackmail making her drop legal charges • He damages property. Punches holes in walls. • He abuses pets. • Throws something, but not her. • Abusive anger — yelling, raging, glaring, accusing, 'sorry' for snapping, but does nothing to change. • Intimidation, stand over tactics.
15	Domestic slavery	<ul style="list-style-type: none"> • She is obliged to carry out her responsibilities, he is not obliged to carry out his — he is frequently irresponsible. • Refuses to take responsibility for finances, household duties and for own children. • Treats her like a servant by overburdening her with responsibility. • Acts like the 'King of the castle'. • Enforces rigid gender role expectations.
16	Physical violence	<ul style="list-style-type: none"> • Slap, Punch, Push, Pinch, Kick, Pull Hair, Bite, Murder, Hitting her in bed at night claiming he was asleep – yet each time it happens it follows one of her actions he was angered by.