

THIS IS NOT LOVE - THIS IS CONTROL

Coercive behaviour is not physical - but it is always serious.

www.SocialWorkersToolbox.com

WHAT IS COERCIVE BEHAVIOUR?



A pattern of behaviour used to control, frighten, or isolate someone. It can be subtle, ongoing, and hard to recognise at first.

IT CAN LOOK LIKE:



Controlling who you see, where you go, or what you do



Checking your phone, messages, emails, or social media



Constant calling, texting, or tracking your location



Telling you what to wear, how to act, or who you can speak to



Managing, limiting, or taking your money



Stopping you from working, studying, or accessing support



Making decisions for you without your agreement



Constant criticism, put-downs, or humiliation



Blaming you for their behaviour or shifting responsibility



Gaslighting - making you doubt your memory, feelings, or reality



Threats to harm you, themselves, children, or pets



Damaging property or punching walls to scare you



Using children to control you or undermine you



Isolating you from family, friends, or professionals



Making you feel guilty for setting boundaries or saying no



Switching between kindness and cruelty to keep control

HOW IT MAKES PEOPLE FEEL



Confused



Anxious or on edge



Like they are "walking on eggshells"



Low confidence or self-worth



Trapped or unable to leave

IMPORTANT TO KNOW

It often gets worse over time.

It is about power and control.

It is not your fault.

You deserve to feel safe and respected.

SUPPORT IS AVAILABLE



- You do not have to deal with this alone.
- Speak to someone you trust.
- Contact a local support service.
- Reach out to a helpline for advice.



REMEMBER: Love does not control, frighten, or isolate you. If it does - it is abuse.

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM



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