

COERCIVE CONTROL

ISOLATING

Moving you away from your family so it's hard to visit them

Fabricating lies about you to others

Convincing you that your family/ friends hates them and makes life difficult when trying to connect

Will **cut you off** from family & friends or limit contact.

MONITORING

Abusers will make themselves omnipresent

They will monitor your phone calls, emails & social media accounts

They will use tech to track your whereabouts

Monitors your calls & messages & **tracks** your location.

JEALOUSY

Complaining about the amount of time you spend with others

Says they don't trust other people, they're jealous behaviour is for your own safety

Gets angry if they even see you look at another person & accuses you of being deceitful

Doesn't like you going out without them. **Accuses** you of flirting or cheating.

NAME CALLING

Malicious, and sometimes subtle, put-downs, name-calling, and frequently criticises you and all you do

Designed to make you feel unimportant, deficient and incapable; therefore remain dependent on them for security & "love"

Puts you down in front of other people.

CONTROLLING

Placing you on a budget that barely covers the essentials

Rigorously monitors what you spend

You cannot make any big decisions without their approval or they leave you out of decision making altogether

Controls the finances & important decisions.

GASLIGHTING

Manipulating & forcing you to question your thoughts, memories, and the events occurring around you

As a victim of gaslighting, you can be pushed so far that you question your own sanity

Must always be right & will force & convince you to acknowledge this.