

ccchat

The online magazine on and around coercive control

SPECIAL EDITION

Understanding Coercive Control

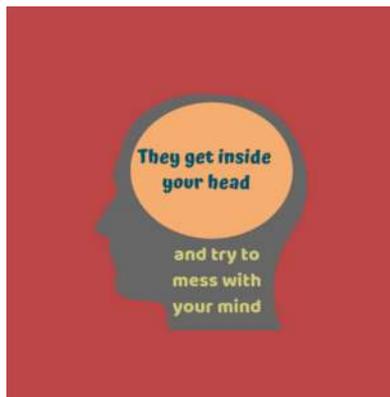
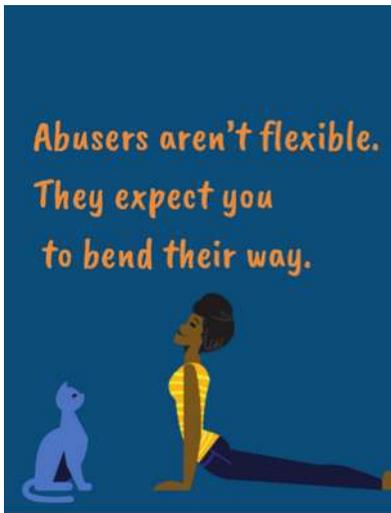
The Continuum Of Coercive Control



red flags
entitlement

trauma bonding
covert abuse

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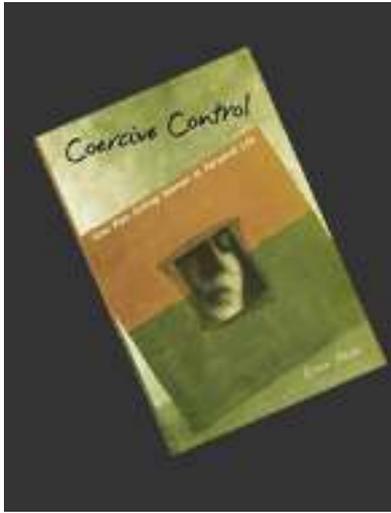
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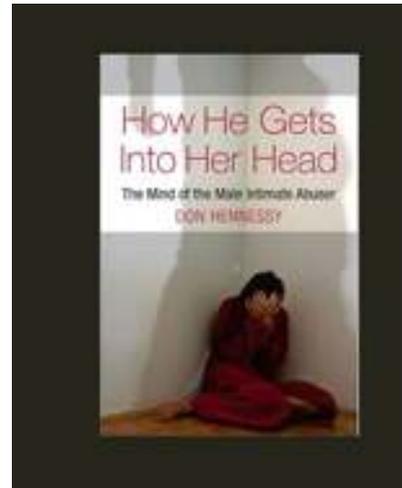
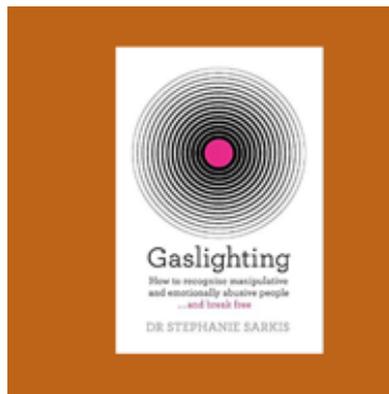
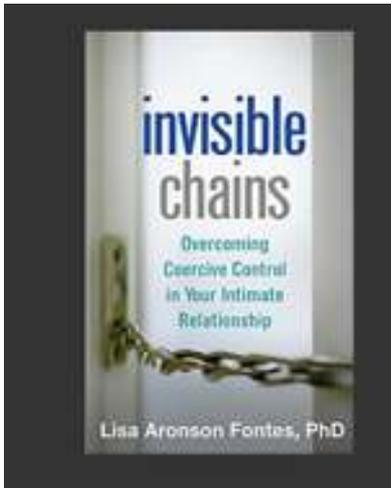
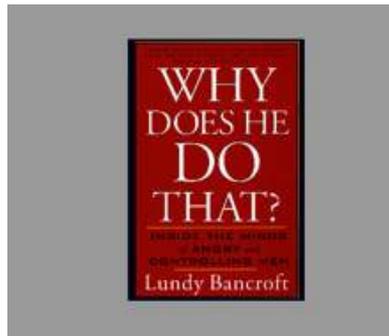
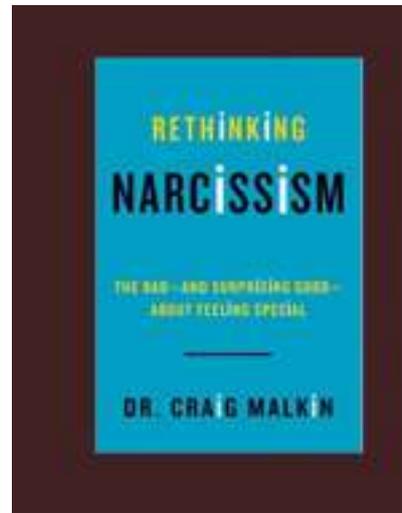
RED FLAGS

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“Coercive control is all around us, hidden in plain sight. We need to know where to look
Min Grob, Coercive Control Conference founder



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You may shoot me
with your words,

You may cut me
with your eyes,

You may kill me
with your
hatefulness,

But still, like air,
I'll rise.

Maya Angelou



about the editor



Min Grob editor

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contact@coercivecontrol.co.uk

Min has been raising awareness of coercive control since 2015, having both left a relationship, and narrowly avoided selling the family home, in exchange for an isolated smallholding in a foreign country, far away from everyone. Realising that non-violent abuse is mostly invisible in plain sight, she set about organising the world's first conference on coercive control. To date conferences have been held in Bury St Edmunds, Bristol, London and Liverpool.

In 2017, Min started CCChat, a free online magazine to further increase understanding and give a voice to survivors who have not been heard. To date, the online version of CCChat has been read over 44,000 times. This special edition is the first in a series, exploring the complexities of understanding, identifying and evidencing coercive control in more depth.



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
 Duluth, Minnesota 55802
 218-722-2781
www.thedukuthmodel.org

What is Coercive Control?

Coercive control is a term developed by Professor Evan Stark to help us understand domestic abuse as more than a “fight”.

Coercive control is a **pattern of behaviour** which seeks to take away a victim’s freedom, their sense of self and erode away their self-esteem. Domestic violence has always been understood to be a single incident or series of incidents of physical violence and has not always been recognised as a pattern of behaviour which may or may not include physical violence.

Evan Stark developed the term “coercive control” to explain the range of tactics used by perpetrators, and the impact of those actions on victims/survivors. According to Stark, it is not, primarily, a crime of violence but, first and foremost, a liberty crime as the victim is entrapped, similar to being in a hostage situation.

The key to identifying coercive control is to understand it as a pattern of behaviour that accumulates over time during the course of the relationship.

Often violence is not needed as the threat of violence is sufficient to keep a victim in fear of what the perpetrator might be capable of.

Much coercive control is hidden from view and can often look like caring to the outside world

The perpetrator creates a world where the victim is isolated, threatened, monitored, micromanaged, criticised, humiliated and sleep deprived. Victims often end up blaming themselves when the relationship goes wrong, not realising that the abuser is deliberately undermining the relationship with a cycle of loving acts and rejection.

Over time, this cycle will slowly chip away at the victim's self esteem as the abuser continues to manipulate with gaslighting to further disorient their victim by distorting their reality.

Much coercive control is hidden from view and can often look like caring to the outside world (see **The Sweatshirt Case** overleaf).

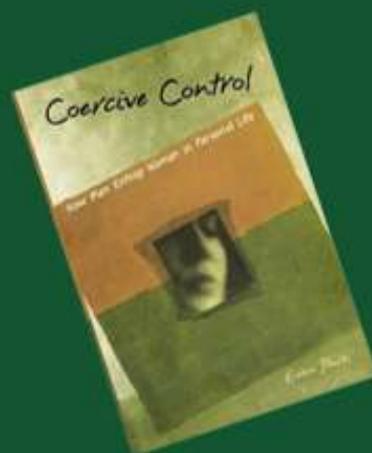


The Sweatshirt Case

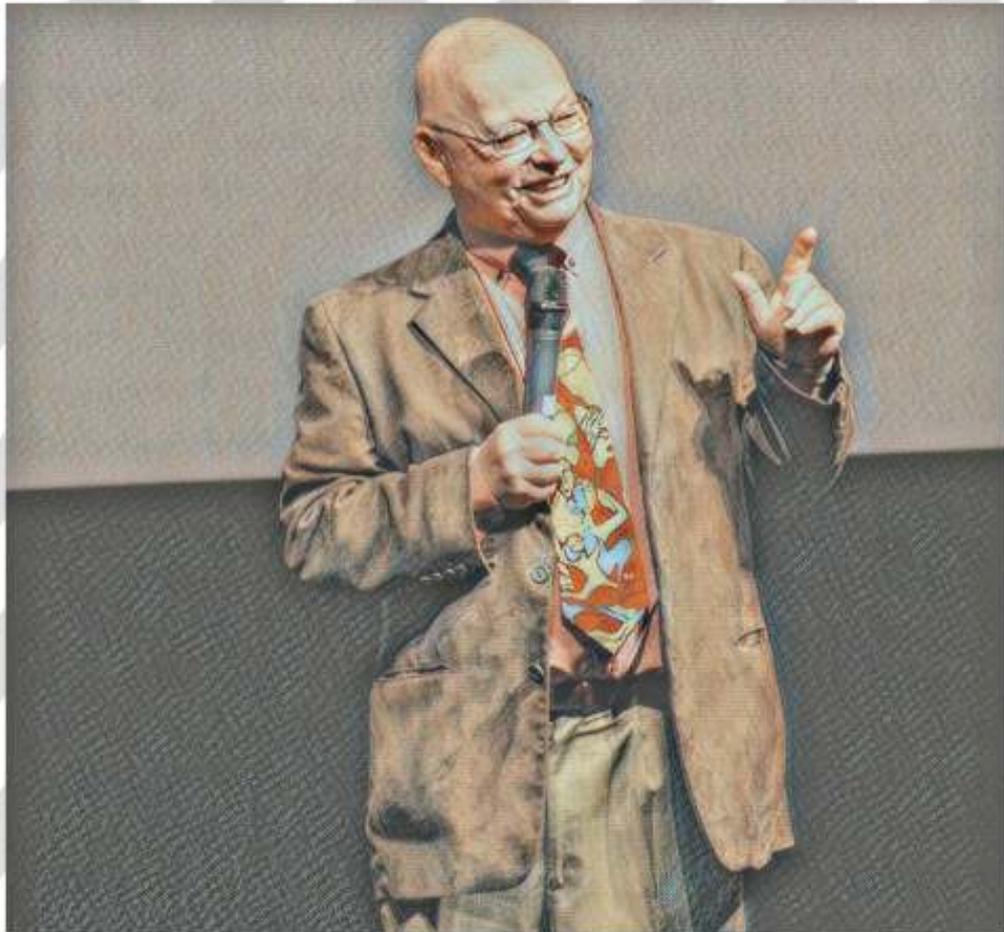
Cheryl was a star pitcher for her softball team, After playing really well, her boyfriend, Jason, would offer Cheryl her sweatshirt because he did not want her to get cold. All of Cheryl's teammates viewed Jason's gesture as a caring and loving one. After that, Cheryl would "fall apart".

Cheryl had broken an agreement between her and Jason not to make him jealous. The sweatshirt was his way of telling her that she would need to cover up her arms after he had beaten her up.

from
**Coercive Control: How
Men Entrap Women in
Personal Life by Evan
Stark**



PROFESSOR EVAN STARK



“

THE MOST IMPORTANT ANOMALOUS EVIDENCE INDICATES THAT VIOLENCE IN ABUSIVE RELATIONSHIPS IS ONGOING RATHER THAN EPISODIC, THAT ITS EFFECTS ARE CUMULATIVE RATHER THAN INCIDENT-SPECIFIC, AND THAT THE HARMS IT CAUSES ARE MORE READILY EXPLAINED BY THESE FACTORS THAN BY ITS SEVERITY.

”

Coercive Control

How much don't I love you?

Let me count the ways



Fear

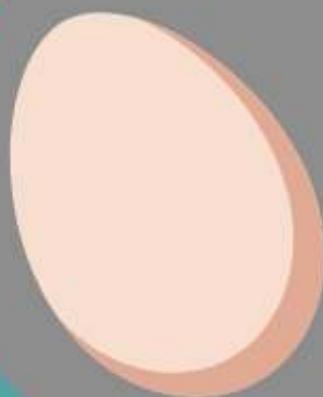
Threats

Rejection



Shaming

Put downs



Walking on Eggshells

Isolation



Goading



Mocking



Gaslighting



Verbal abuse

Fear of violence

Micromanagement

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Covert Abuse

How does an abuser erode your self confidence and self esteem?
By abusing you by stealth, to bring you to your knees.

There are a number of ways in which a person can be undermined emotionally and psychologically. Many of these ways will deliberately sow a seed of doubt in someone's mind, which will slowly eat away at their self esteem. The abuser will undoubtedly minimise their actions, in order to manipulate this doubt.

The natural reaction to an abusive comment is to defend yourself but, when the abuse is ambiguous, this plays into the abuser's hands as they are then able to accuse you of being argumentative, deliberately trying to start a fight, being over sensitive or paranoid in an attempt to get you to back down. The abuser will often accompany the covert abuse with impatience and mock outrage when challenged. This creates enough doubt to replay the scenario in your head over and over, in an attempt to make sense of it,

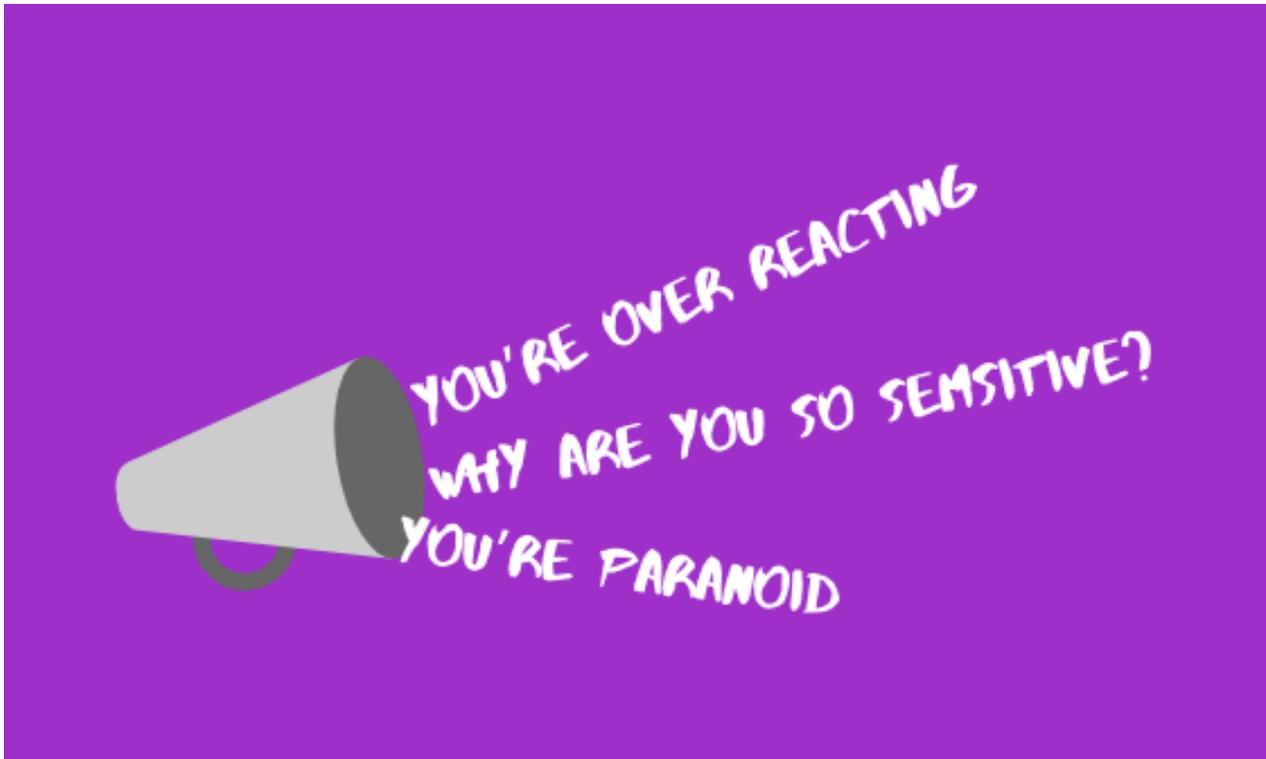
The Back Handed Compliment

Is it a compliment or is it an insult? You're not sure. If you don't ask them what they mean by it, your mind will replay the comment in your head but, but if you challenge them, the abuser will pretend to look hurt or shocked, feign mock outrage and ask you HOW you could possibly think it was anything other than a sincere compliment. You may be accused of having such low self esteem you are unable to accept compliments, or you may be accused of being generally distrusting.

The backhanded compliment is a passive aggressive way to hurt someone whilst claiming to be nice.

" He looked at a picture my 5 year old had drawn and said, 'that looks good, did you paint that?'"

" That's an unusual looking dress, did you make that?"



Insinuation

An insinuation is to suggest something unpleasant without directly saying so. The abuser uses carefully chosen comments knowing it will make someone feel uncomfortable.

"Is there something different about you? I can't put my finger on it"

"You're so good at oral, you'd make a good prostitute"

"Mmm, you used to have quite a past, didn't you?"

Accusing You Of Overreacting

Any actions that have caused you upset will be minimised in an attempt to prevent those actions being questioned. Abusers will accuse you of being contentious, of deliberately creating a situation, in order to undermine your objection to their behaviour. Some of the ways in which they will do this:

"You're being paranoid"

"Why are you looking for insult where there isn't any?"

"Why do you always have to try and start a fight?"

"Stop being so sensitive"

Stonewalling
Storming Out
Silent Treatment

An abuser will storm out or ignore you, as a response to you objecting to something they are doing. It is a way of ensuring your voice is not heard by treating you as someone not worthy of acknowledgement. This creates fear and panic. It is both a form of rejection and a form of torture. You are invisible, therefore don't exist. You may not even know what you've done, but the rejection is so painful you moderate your behaviour to ensure it doesn't happen again.

Making a Joke

An abuser will make jokes at your expense, knowing that the comments will be upsetting to you but will counterclaim that it was 'only' a joke and that, if you are offended, you are too sensitive or have no sense of humour.

There is a difference between laughing with someone and laughing at them.

Guilt

Abusers like to make their victims feel guilty. They will act aggrieved and claim something you have said has hurt them, in an attempt to control what you say, or they will make you feel guilty when you bring up something they have said or done that has upset you.

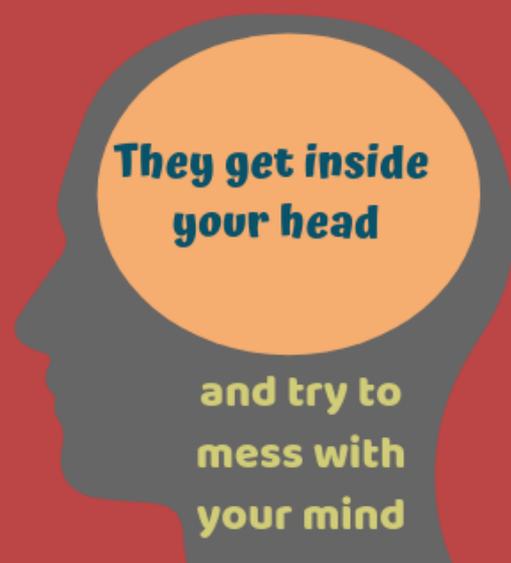
They will try and make you feel guilty for being upset by some callous or cruel action of theirs and will often resort to underhand tactics:

'How can you say that when you know I was abused as a child?'

'How can you say this to a cancer sufferer?'

They include other people in the conversation to further prove their point. It is a way to guilt you into apologising for bringing up THEIR bad behaviour.

Some victims of abuse behave abusively and rely on the knowledge that few people will challenge them because of what they have had to endure.





The Push and Pull

A relationship with a covert abuser will continually be on and off. The abuser will either put you on a pedestal and adore you or they will push you off it and reject you. Their intention is to destabilise the ground you walk on, to deliberately make you feel insecure so you worry about losing their love.

To the outside world it will have all the hallmarks of a 'volatile' relationship but the difference between a volatile relationship that is unhealthy but not abusive, and a relationship where one partner deliberately plays with the emotions of their partner, is in the balance of power.

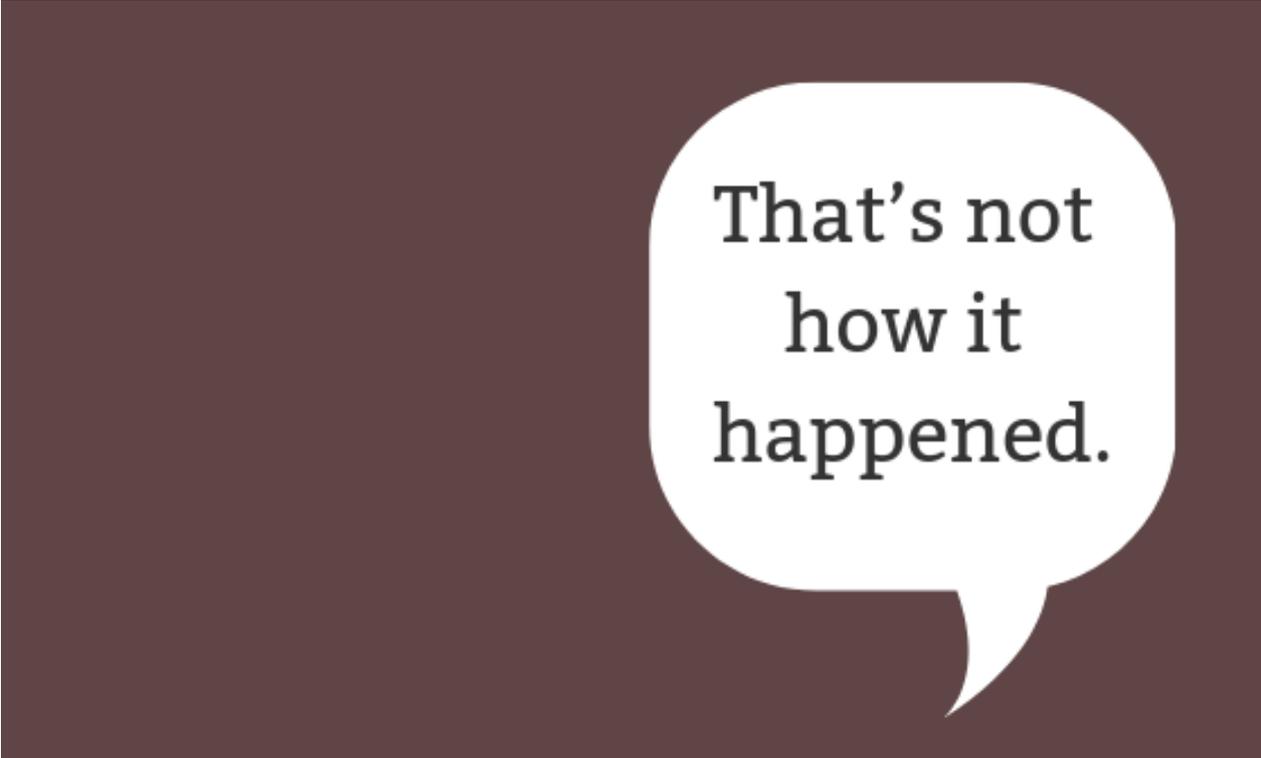
Bring In Other People

Abusers like to validate their reasoning. The way they do this is to bring in other likeminded viewpoints to strengthen their case. In an attempt to get you to accept what they say without challenge, they will claim that they are not alone in their belief:

" I'm not the only one who thinks you are emotional and overreact, your mum thinks so too"

" Even your best friend thinks you're a bitch. She told me the day I saw her in the park"

If several people are of the same opinion as the abuser, it makes it more difficult to deny that it is not true. An abuser will use this knowledge to their advantage.



That's not
how it
happened.

Projection

How many times have you been accused of doing something the accuser is guilty of? This is called projection- where a covert abuser will try and disown qualities they don't like in themselves and accuse someone else of those qualities.

A common form of projection is accusing you of infidelity when, in fact, they have been unfaithful.

Other examples are being accused of not liking someone, of name-calling, of spreading malicious gossip.

The victim ends up feeling as though they have to defend themselves for things they haven't done.

Rewriting History

Covert abusers will deny something they have said, something they have promised. By rewriting history, they are not only denying your reality, but will accuse you of lying in an attempt to reframe both their reality and yours.

" I never wanted to marry you, you pleaded with me to marry you and I only agreed because I could see you wanted it so badly"

" I never told you that I had never been married before. You always knew but chose to forget it, because it didn't fit your narrative"

Understanding Coercive Control

Red Flags

at the beginning of a relationship

1. They come on strong



2. They create a false sense of intimacy



NO

3. They find your weakspots

4. They test your boundaries



5. They wait until you are fully invested



6. The emotional rollercoaster is deliberate

7. They 'appear' to have a lot of friends



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Red Flags

What to look out for at the beginning of a relationship.

If an abuser punched you in the face on the first date, there wouldn't be a second one, so how do you know what to watch out for?

Many coercive and controlling behaviours can easily be mistaken for signs of love. It may be romantic to have all the decision making taken away from you at the beginning such as where to go or which film to watch. It may feel flattering to have someone want to spend all their time with you, but we are talking about more than the heady early stages of falling in love and here are some of the signs:

1. They come on strong

The beginning of a relationship with a person who may become abusive later on is often heady and intense. The relationship will progress very quickly. There will be constant pressure to move the relationship forward because it's true love, fate, in the stars, destiny, meant to be. BUT if someone truly believes you are destined to stay together, for ever, why the rush?

2. They create a false sense of intimacy.

People who are controlling will attempt to lower your guard very quickly. One of the ways they do this is by telling you something about themselves that is very personal. They may disclose that they have been abused as a child or lived through illness or poverty. They may say that they were homeless or are orphaned. Anything to evoke sympathy.

"I've never told anyone this, you're the first person I feel I can trust to be myself"

You feel flattered, honoured even to be entrusted with someone's personal information and may feel the need to reciprocate to balance it out.

If you do get into a relationship with an abuser who uses this tactic, you will later find out that what they told you was a lie.

3. They find your weakspots.

Abusers know that one of the best ways to exert control over you is to find out your weakspots and then use this knowledge to gain power and control over you.

As mentioned before, they do this by prematurely disclosing some personal information, in the hope that you will give them something back.

They are looking for:

1. Things you are ashamed of
2. Times you have lied
3. If you have ever broken the law
4. Anything that makes you insecure.

If they are in receipt of information that can embarrass, shame or humiliate you, they will store it away for later use, to either blackmail or coerce you to do what they want.

This can often be coercing you into participating in some sexual act you are reluctant to engage in, or to help them in antisocial or criminal activity. They may then make a recording of this, although you may not even be aware that this is happening, as they may use covert means such as surveillance devices or will film you in your sleep.

All of this is to have a greater hold over you, with which to exert control.

4. They test your boundaries

Abusers like to test the boundaries of your moral code, to see how susceptible you are to being manipulated by them, but first they wait until you have invested in the relationship, as it is much harder to say no to someone you love.

This may be presented as something exciting, rebellious or even bohemian but it will be something that causes you discomfort. Not participating will be seen as being boring, conventional, pedestrian and, especially if the boundaries being tested are of a sexual nature, as being too 'vanilla' causing you to feel sexually insecure. The idea is to erode your ethical values until you participate in an act that can then be used against you, at a later date.

Abusers also test where your boundaries lie, when it comes to being ill-treated. Again, they wait until you have invested in the relationship, have fallen in love with them. It is when you are feeling secure in their love, that they will drop a bomb.

They will instigate an argument, call you names, maybe storm out or reject you. They may stay at the pub all night, stay with a friend, you may not see them for days, leaving you devastated and confused about what you did wrong, before they come back, begging forgiveness. If you accept their apology, it shows them that your boundaries can be broken.

5. They manipulate your reality

Abusers won't show you their true colours at the start of the relationship. If they punched you in the face on the first date, there would not be a second. So, instead, they charm to disarm but they need to act quickly, to avoid their true selves being revealed. To do this, they will overwhelm you with love, attention, gifts, caring, attention and love. They aim to be your idea of a perfect person and to do this they listen to all your desires and carry them out.

6. They have a fan club

They appear to have a lot of friends for the sole purpose of convincing you how amazing they are. Controllers especially like to control the image the world has of them and to do this, they cultivate a lot of friends who can confirm their magnificence.

They will be described as charming, helpful, kind, generous. Don't be fooled by what is being said. Ask yourself why they are saying it.

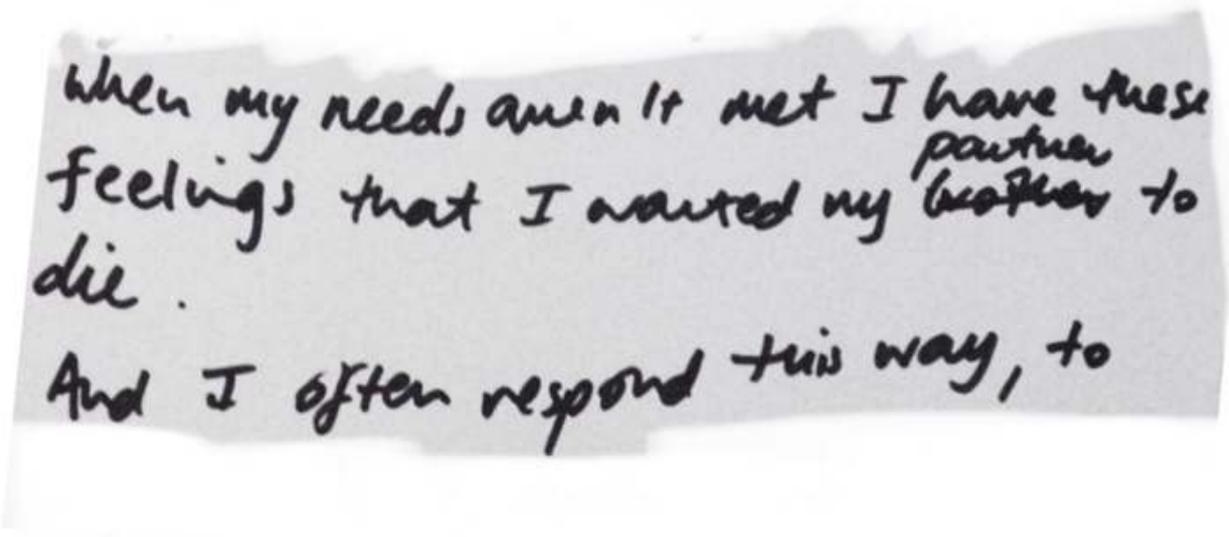
7. Full of highs and lows.

The relationship will vacillate between extreme highs and lows. To the outside world, it will look like a relationship that is full of drama, characterised by lots of 'passion' and will often be described as 'volatile' or 'toxic' but there are key differences between a relationship that is volatile and one where an abuser deliberately manipulates their partner by pushing the away and reeling them back.

In volatile relationships, there may be a difficulty in managing emotions and expressing how someone feels to their partner. This may be as a result of not knowing what a healthy relationship looks like. A relationship that is abusive, on the other hand, will have a partner who consistently seeks to undermine and control. Abusers want you to think you can't live without them and without their love so they will deliberately create a fear that you could lose it.



When my needs aren't met, I have these feelings that I wanted my brother (crossed out) partner to die.



When my needs aren't met I have these feelings that I wanted my ^{partner} ~~brother~~ to die.
And I often respond this way, to

ENTITLEMENT

When an abuser's needs aren't met, there will be consequences.

Understanding the entitled mindset.

Entitlement

Abusers have an expectation of how they want to be treated, how they deserve to be treated.

In the abuser's mind, these expectations outweigh the needs of those around him or her.

When a person is entitled, they believe that they are deserving of special treatment that others are not entitled to. They are often unable to reach a compromise with others and therefore can often make impossible demands of others, fully expecting those needs to be met. When those needs are not met, they often show their dissatisfaction by becoming angry or showing self-pity.

The entitled person does not deliberately set out to abuse a person, but their belief system is such that it will seek to justify their actions. This is the same expectation as those who expect sex as a right and refuse to take 'no' for an answer because it is their right to have sex when they want.

A person with a heightened sense of entitlement will seek a partner who will put their needs before anyone else's and that includes their own children because, in their minds, they are the highest being in the household therefore everyone else's needs are secondary to theirs, but not only that, it will also be the role of others to serve their needs.

If expectations aren't met, there WILL be consequences.

Failing to have their needs met will result in consequences for those expected to meet them. This can be lashing out both verbally and physically, punishment, or being made to feel guilty.

Everyone can feel entitled and there is sometimes justification in believing we deserve certain things, but what differentiates this from the more severe form of entitlement is the difference between someone who occasionally feels entitled and someone who feels the world revolves around them.

When someone reacts with anger every time they fail to get their own way, that is an indication that you are dealing with a heightened sense of entitlement.

Some signs of entitlement:

Impose unrealistic demands of others

They see peers and other people as competition

Struggle to compromise on mutually beneficial agreements

Prioritise themselves over others

See themselves as superior

Habitual anger and self pity

Someone who is a taker and not a giver

Someone used to getting what they want so unable to take no for an answer.

Unhealthy Narcissism

Someone who feels sorry for yourself and are openly melodramatic about it.

Described by others as a bully, manipulative, ruthless egotistical, vain and a liar.

They believe happiness is their right, even at the expense of others.

They believe the ends always justify the means

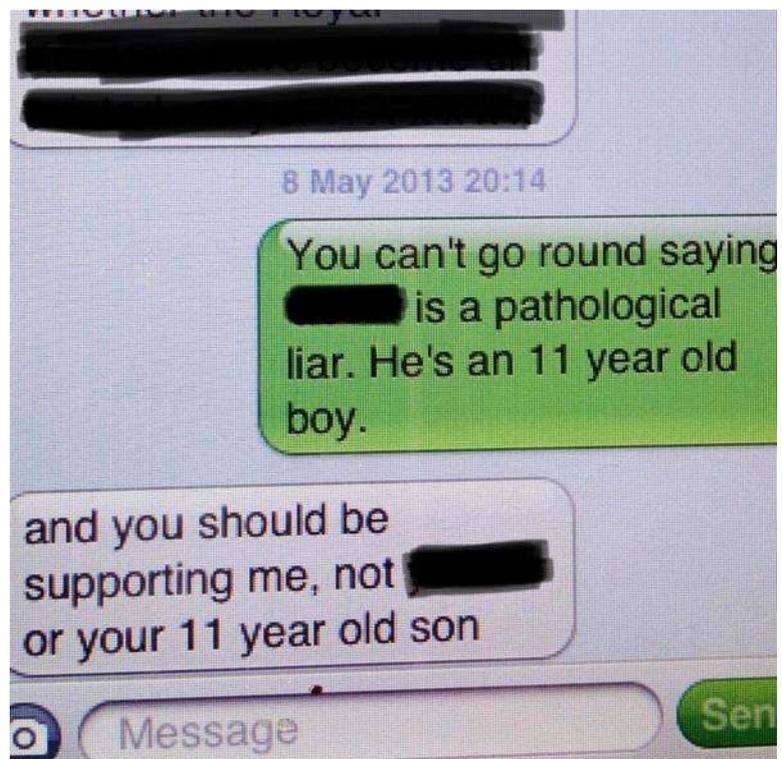
They are easily threatened by other people.

They operate double standards

They look out for number 1

They crave admiration and adoration and will often put themselves forward for awards, pressurise others to nominate them and then ensure that everyone is informed of any award or prize they receive.

They believe that, if their needs are being met, they are being abused.



Abusers aren't flexible.

They expect you

to bend their way.



"Before the abuser initiates contact with a prospective long-term intimate partner he has already developed some very strong beliefs and attitudes. In his own mind he knows what he needs from an intimate relationship and he is convinced that he is entitled to have these needs met. He is also convinced that these needs outweigh any cost to his prospective partner."

— Don Hennessy,
How He Gets Into Her
Head: The Mind of the
Male Intimate Abuser

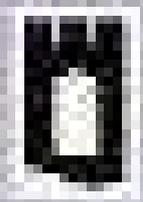
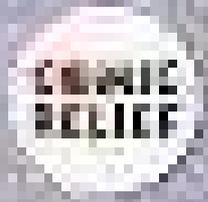


Take the
first step

KEEPING YOUR STORY

Search for "The Keep"

"The Keep" App is a secure diary for women or domestic partners, quickly and safely record details of their experiences, and then share them in a secure website out of the phone. The diary will always be safe for the victim if they need it. For Extra-ordinarystories many type of proceedings.



The Keep is produced in partnership with the National Domestic Violence Hotline. © 2014 by The Keep

The Continuum of Coercive Control



1. Healthy Relationship
Mutual Support
Compromise
Arguments settled



2. One person tries to control the other. May be morally wrong but not a crime.



3. Coercive Entrapment

The most severe form of coercive control and now a criminal offence in some countries. Victim loses their sense of self as needs of the abuser has to come first. Victims is isolated, fearful and feels trapped. Threats of physical violence often present.



The Continuum of Coercive Control

Coercive control exists on a continuum. The control may be unkind and morally wrong, but it has not necessarily crossed the line where it would be considered a crime.

Non-coercive (cooperative) relationships:

There is mutual support and shared decision making. Arguments may surface but neither partner frightens, threatens, or punishes the other.

Coercive control relationships:

In this relationship, one person uses a variety of tactics to control their partner.

To avoid conflict, the non controlling partner will make certain sacrifices to avoid conflict and punishment.. This may mean not spending time with certain people, not going out for fear of upsetting the other partner.

Although there is control, the victim may still resist by becoming secretive or may have a 'fuck it' moment and risk the consequences.

Coercive entrapment:

This is the most extreme form of control. Strategies are put in place to deprive a victim of choices and resources. The abuser alternates between showing kindness and being abusive in an attempt to form a trauma bond.

The victim no longer controls their actions for fear of upsetting their partner, they are IN FEAR and will most likely be feeling isolated, trapped and hypervigilant, feeling that they are walking on eggshells. They may have lost a sense of who they are, as an independent person as their reality may now be constantly defined by the controller. This is known as **PERSPECTICIDE** - a type of emotional abuse where one partner is so controlling, the victim loses their grasp on what is true. It is similar to the Stockholm Syndrome experienced by some kidnap victims as they identify with the person controlling them.

Do Not
Look For
Healing
At The
Feet Of
Those
Who
Broke You

Rupi Kaur



The Ties That Bind

Understanding Traumatic Bonding

Traumatic bonding happens following an intense cycle of love bombing and rejection which creates powerful emotional bonds, making it difficult to break free

People who have never been in an abusive relationship often don't understand what keeps a victim of domestic abuse tied to their abuser. Comments such as 'I'd never allow myself to be treated that way.' or 'I'd be out of the door as soon as he laid a finger on me' down to the 'it can't be that bad, if she stays' or 'she must like being abused.' are common. Even those who have been in an abusive situation but have left can find it difficult to understand and all too often, the explanation is down to love. 'Well, she still loves him'. or even, she is co dependent or addicted to the drama.

Often the survivor themselves have no idea beyond knowing that something 'there' is keeping them there and, whereas some of the above can be true, it comes nowhere near to explaining that feeling of being welded to your abuser.

The reason trauma bonding is so powerful is because of the turmoil a body goes through.

There are two stages to trauma bonding and this cycle is continually repeated.

The first stage is the intense 'in love' stage which is often referred to as 'love bombing'. It is heady and your body is flooded with feel good hormones such as oxytocin and dopamine.

The next stage is the rejection phase where the abuser suddenly and without warning, withdraws their love. This can be done by instigating a row, ending the relationship or the silent treatment.

There is an overproduction of cortisol, the stress hormone, which makes a person hypervigilant, causes anxiety, cause high blood pressure.

The body becomes desperate to return back to how it was before

The body becomes desperate to return back to how it was before and without understanding that this is a deliberate tactic, a victim is often easily convinced that the downturn in the relationship is their fault.



Traumatic Bonding is not like unconditional love. It is full of conditions.

Through this repeated cycle of intense love and sudden rejection, the abuser has trapped their partner into believing that, if only they did not deliberately set out to upset the abuser, they wouldn't keep having to win back their love.

**The fact is that it was never real.
It was never who they were. It was the fiction
deliberately constructed to draw the victim to them.**

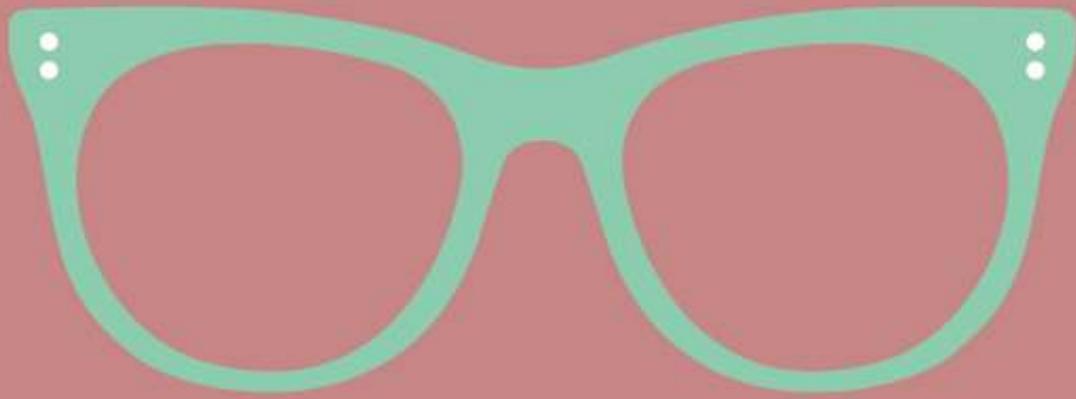
It doesn't take much for a victim to become so bonded to their tormenter, they will do anything to return to the previous state of bliss, away from the fear of rejection, without actually seeing that this is part of the cycle of abuse.

People stay in the relationship because they believe the wonderful 'loved up' phase is real. It was never real. It was a fiction deliberately constructed to seduce the victim into committing to them.

Anyone leaving such a relationship needs understanding and ongoing support to resist the urge to return.

What is not sufficiently understood is that if someone does leave the relationship, they are so bonded to the abuser that they will most likely return and those who don't leave will often get discarded when the abusive partner moves onto the next person.

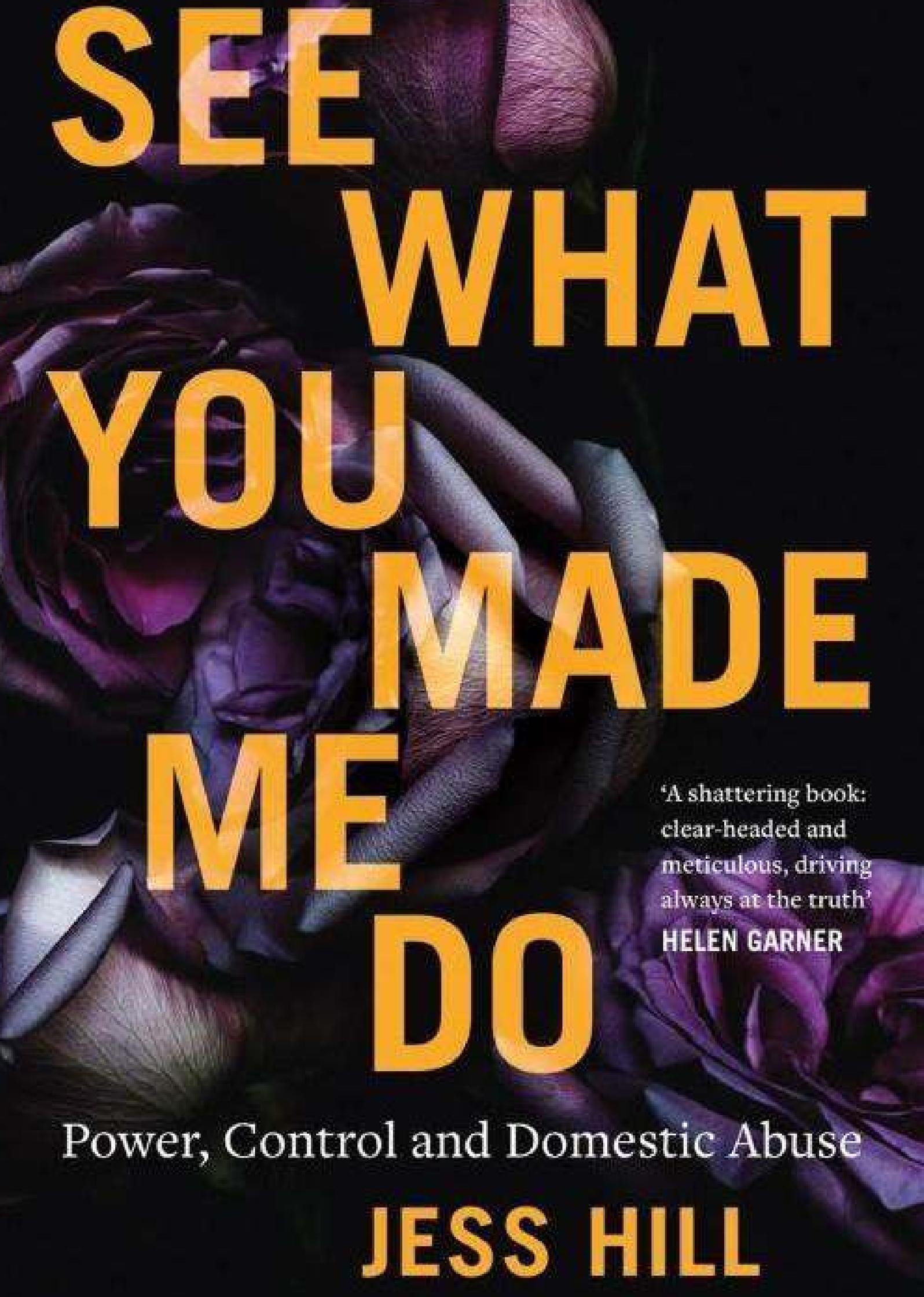
Without understanding what trauma bonding is and how it occurs, it is easy for someone who has left the relationship to think that what they feel is love and return to the abuser, when the truth is that because the trauma bond has been threatened, there will be an overwhelming need to return back to the seeming safety of the 'loved in' stage. Anyone leaving such a relationship needs understanding and ongoing support.



***"Vision is the art of seeing
what is invisible to others."***

Jonathan Swift





**SEE
WHAT
YOU
MADE
ME
DO**

'A shattering book:
clear-headed and
meticulous, driving
always at the truth'

HELEN GARNER

Power, Control and Domestic Abuse

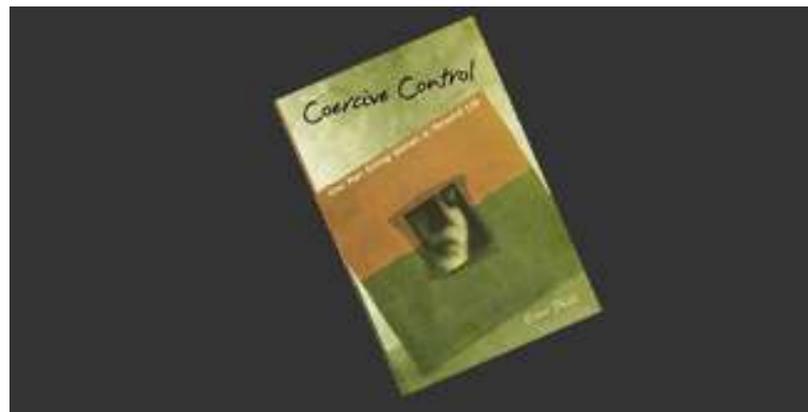
JESS HILL

Reading List

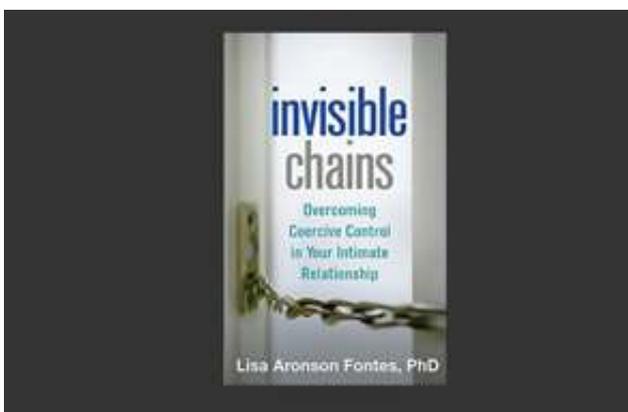
further reading on and around coercive control

COERCIVE CONTROL: HOW MEN ENTRAP WOMEN IN PERSONAL LIFE

This award-winning book by international expert on coercive control, Professor Evan Stark is one of the most important books ever written on domestic violence and a necessary read for anyone wishing to understand calculated conduct to intimidate, isolate and control.



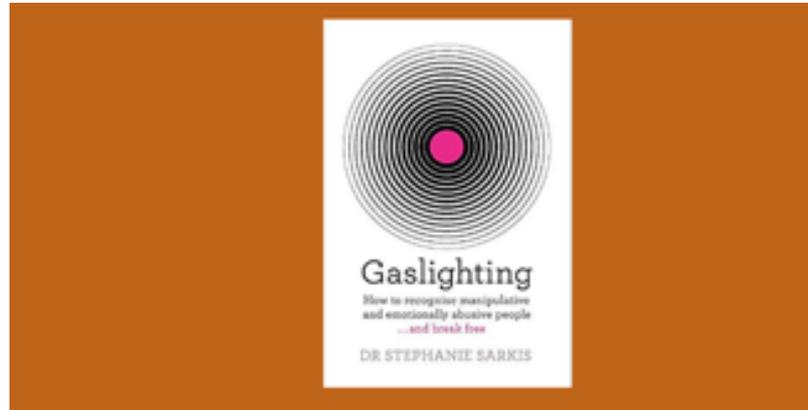
INVISIBLE CHAINS: OVERCOMING COERCIVE CONTROL IN YOUR INTIMATE RELATIONSHIP



Lisa Aronson Fontes, PhD wrote this book drawing on both professional expertise and personal experience to help recognise controlling behaviours of all kinds and what to do about it.

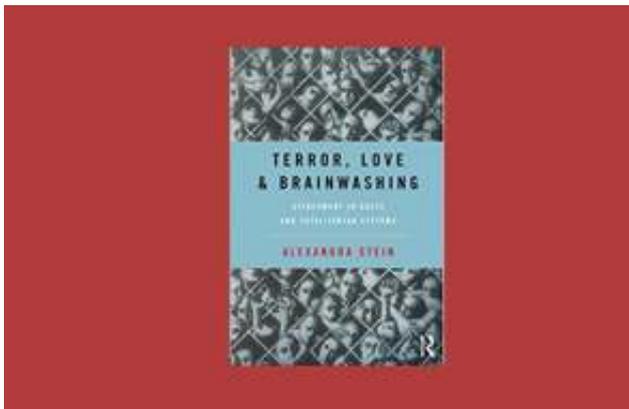
GASLIGHTING; HOW TO RECOGNISE MANIPULATIVE & EMOTIONALLY ABUSIVE PEOPLE

Dr Stephanie Sarkis is a mental health expert sheds light on "gaslighting"--the manipulative technique used by sociopaths, narcissists, and others--offering practical strategies to cope and break free.

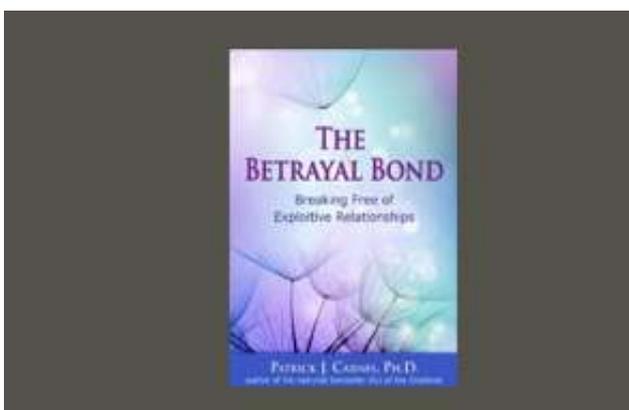


TERROR, LOVE & BRAINWASHING

Alexandra Stein, Ph.D. is a writer and educator specializing in the social psychology of ideological extremism and other dangerous social relationships. She is an academic, having taught at the University of Minnesota, Birkbeck, and the University of London, now teaching at the Mary Ward Center.



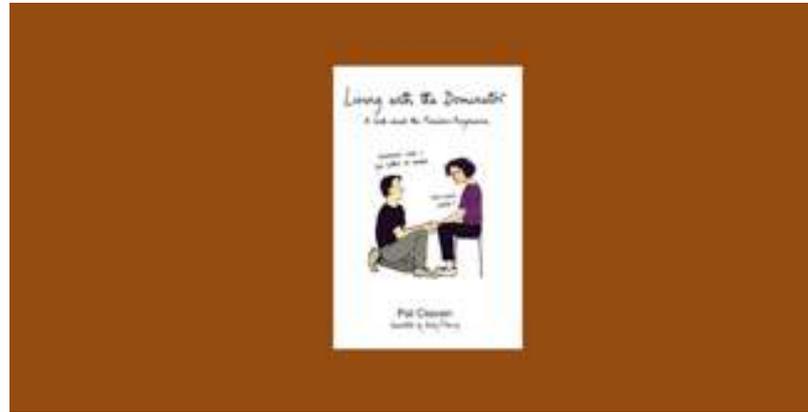
THE BETRAYAL BOND: BREAKING FREE OF EXPLOITATIVE RELATIONSHIPS



Exploitive relationships can create trauma bonds that link a victim to someone dangerous to them. Divorce, litigation of any type, abuse of any kind, hostage negotiations, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. Patrick Carnes looks at why they form, who is most susceptible, how they become so powerful and how to get out.

LIVING WITH THE DOMINATOR

Pat Craven, a social worker and probation officer, created the Freedom Programme for survivors of domestic abuse in 1999. 'Living with the Dominator' examines the roles played by attitudes and beliefs on the actions of abusive men and the responses of victims and survivors. The aim is to help make sense of and understand what has happened in the relationship.



REMEMBERED FOREVER

On 19 July 2016, Claire and Charlotte Hart were murdered, in broad daylight, by the family's father, before committing suicide. REMEMBERED FOREVER is the shocking story of what led to this terrible crime. Luke and Ryan Hart, the family's two surviving sons, lived under the terror of coercive control where their father believed his family members were simply his possessions.



Wife Rape

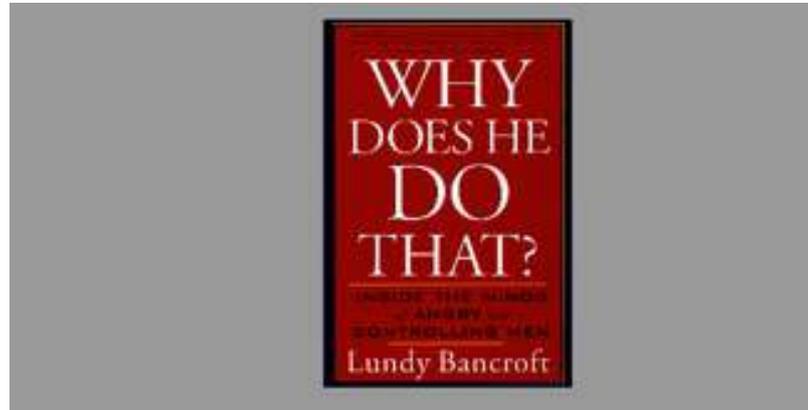
Raquel Kennedy Bergen addresses a real but long-neglected problem: the pain and humiliation of sexual assault suffered by many women at the hands of their partners. Extensive gathering of personal testimony from survivors, together with interviews with service providers, bears witness to a lack of validation and insufficient assistance currently available.



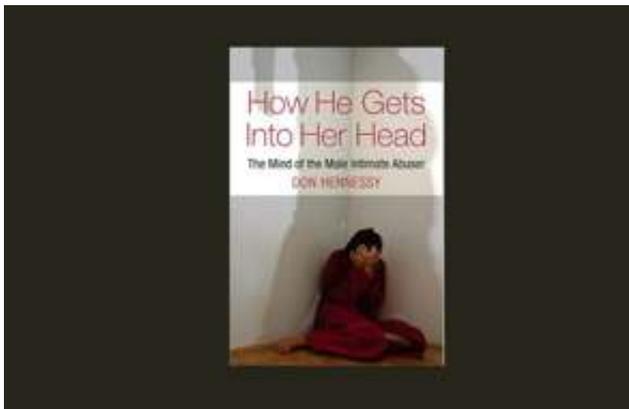
● **CCChat Special Edition**
Understanding Coercive Control

WHY DOES HE DO THAT?

Lundy Bancroft, a counsellor who works with abusive men, looks inside the minds of angry and controlling men and shows you how to improve, survive or leave an abusive relationship.



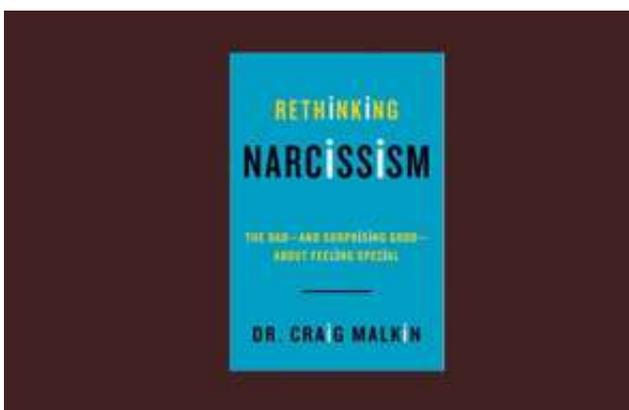
HOW HE GETS INSIDE HER HEAD: THE MIND OF THE MALE INTIMATE ABUSER



“What we found out by listening to the abusers was that these abusers began the abuse on the day they first met the woman.”

Don Hennessy, a relationship counsellor and Director of the National Domestic Violence intervention Agency in Ireland looks at the tactics employed by the abuser.

Rethinking Narcissism: The Bad and Surprising Good About Feeling Special



Dr Craig Malkin is a clinical psychologist and Lecturer at Harvard Medical School. His internationally acclaimed book takes the often misused term narcissism and offers a new approach that looks at both healthy and unhealthy narcissism and includes a test to measure our own levels.



*"Even the darkest night will
end and the sun will rise"*

Victor Hugo



THE DOMINATOR IS HIS NAME CONTROLLING WOMEN IS HIS GAME



THE SEXUAL CONTROLLER

- Rapes you.
- Won't accept no for an answer.
- Keeps you pregnant OR
- Rejects your advances.



KING OF THE CASTLE

- Treats you as a servant/slave.
- Says women are for sex, cooking and housework.
- Expects sex on demand.
- Controls all the money.



The Dominator



THE BULLY

- Glares.
- Shouts.
- Smashes things.
- Sulks.



THE JAILER

- Stops you from working and seeing friends.
- Tells you what to wear.
- Keeps you in the house.
- Seduces your friends/family.



THE BADFATHER

- Says you are a bad mother.
- Turns the children against you.
- Uses access to harass you.
- Threatens to take the children away.
- Persuades you to have 'his' baby, and then refuses to help you care for it.



THE LIAR

- Denies any abuse.
- Says it was 'only' a slap.
- Blames drink, drugs, stress, over-work, you, unemployment etc.



THE PERSUADER

- Threatens to hurt or kill you or the children.
- Cries.
- Says he loves you.
- Threatens to kill himself.
- Threatens to report you to social services, benefits agency, etc.



THE HEADWORKER

- Puts you down.
- Tells you you're too fat, too thin, ugly, stupid, useless etc.

NOT A SAINT THAT WE ARE SEEING JUST A DECENT HUMAN BEING



THE LOVER

- Shows you physical affection without assuming it will lead to sex.
- Accepts your right to say no to sex.
- Shares responsibility for contraception etc.



THE FRIEND

- Talks to you.
- Listens to you.
- Is a companion.
- Has a sense of humour.
- Is cheerful.



THE PARTNER

- Does his share of the housework.
- Shares financial responsibility.
- Treats you as an equal.



THE LIBERATOR

- Welcomes your friends and family.
- Encourages you to have outside interests.
- Encourages you to develop your skills at work or at college.

The Friend



THE GOODFATHER

- Is a responsible parent.
- Is an equal parent.
- Supports your dealings with the children.



THE TRUTHTELLER

- Accepts responsibility.
- Admits to being wrong.



THE NEGOTIATOR

- Takes responsibility for his own well-being and happiness.
- Behaves like a reasonable human being.



THE CONFIDENCE BOOSTER

- Says you look good.
- Values your opinions.
- Supports your ambitions.
- Says you are competent.
- Values you.



**Don't allow an abuser to
define who you are**

**You are
AMAZING**



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