

A "course of control"—often discussed as coercive control—is a continuous pattern of abusive behavior used by one person to dominate, isolate, and strip away the freedom and independence of another person in a relationship.

Signs of Control

- Isolation: Keeping you away from friends, family, or coworkers.
- Financial Abuse: Controlling all the money, spending, or preventing you from working.
- Monitoring: Tracking your phone, location, or daily movements.
- Intimidation: Using threats, harsh rules, or constant criticism to create fear.

Why It Matters

- It systematically destroys a person's sense of self and autonomy.
- It creates an invisible trap that makes leaving the relationship very hard.
- It is recognized as a serious form of domestic abuse, even without physical hitting.

If you or someone you know is facing this type of situation, confidential help is available 24/7 through the National Domestic Violence Hotline by calling 1-800-799-7233 or texting "START" to 88788.