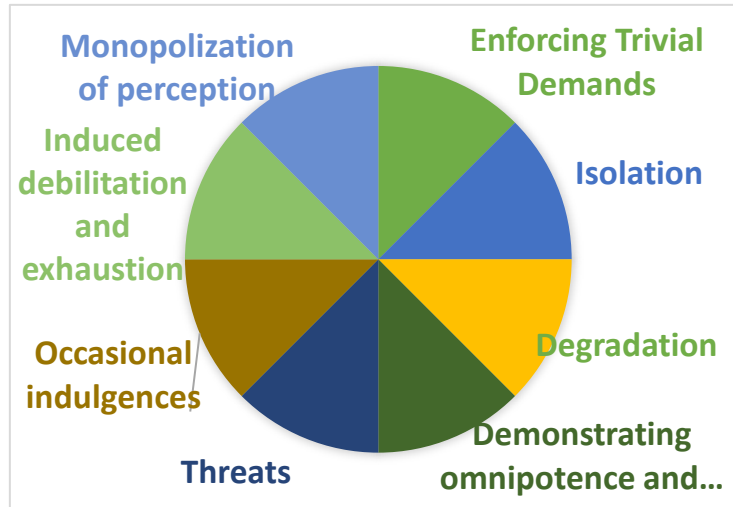


## Biderman's Chart of Coercion

This is originally a tool designed to demonstrate and explain the coercive methods used to torture prisoners of war. It has since been applied to explain the coercive techniques used by perpetrators of domestic abuse.



- Isolation: Perpetrator deprives victim of all social support, they make the victim dependant on them, victim is discredited, perpetrator takes control e.g. of phone, finances, transport, victim is confined to the home
- Monopolisation of Perception: Perpetrator abolishes information that does not coincide with their views, they punish any actions that show resistance or independence, victim blaming, victims starts to feel they are at fault, constant monitoring/ calling, perpetrator behaviour is unpredictable i.e. charmer then abuser
- Induced Debilitation & Exhaustion: Sleep deprivation, perpetrator weakens victims ability to resist, perpetrator prevents access to essential items e.g. food, medicine is withheld, constant questioning of the victim
- Threats: To kill the victim/ self/ family pets, to take the children, to leave the victim, results in feelings of anxiety for the victim
- Occasional Indulgences: Perpetrator issues rewards for conforming behaviour, they promise to change, victim strives to receive these indulgences
- Omnipotence: Perpetrator has complete control, physical assaults occur, stalking and harassment, use of 'male privilege' e.g. treating the victim like a servant, making all the big decisions, defining roles
- Degradation: Perpetrator puts the victim down, victim experiences verbal abuse and is shamed in public, victims self-esteem is destroyed, punishments are issued, victim is prevented from engaging in personal hygiene tasks
- Enforcing Trivial Demands: Perpetrator carries out mind games, victim is fully compliant and punished for non-compliance, rules are inflexible and unrealistic but often change and contradict making it difficult for the victim to 'comply'