



Your Ten Signs of Coercive Control in Marriage

Does your spouse use power to silence you or hinder your moving around and doing your business?

Does your spouse speak about what you OWE him? Is marriage described as transactional? “If I make the bed then you owe me...”

Does your spouse tell you he makes all the decisions, and you are to just take it? Does he believe he is entitled to your obedience?

Does your spouse seldom, if ever, take responsibility for his own behavior? “If you hadn’t provoked me then I would not have...”

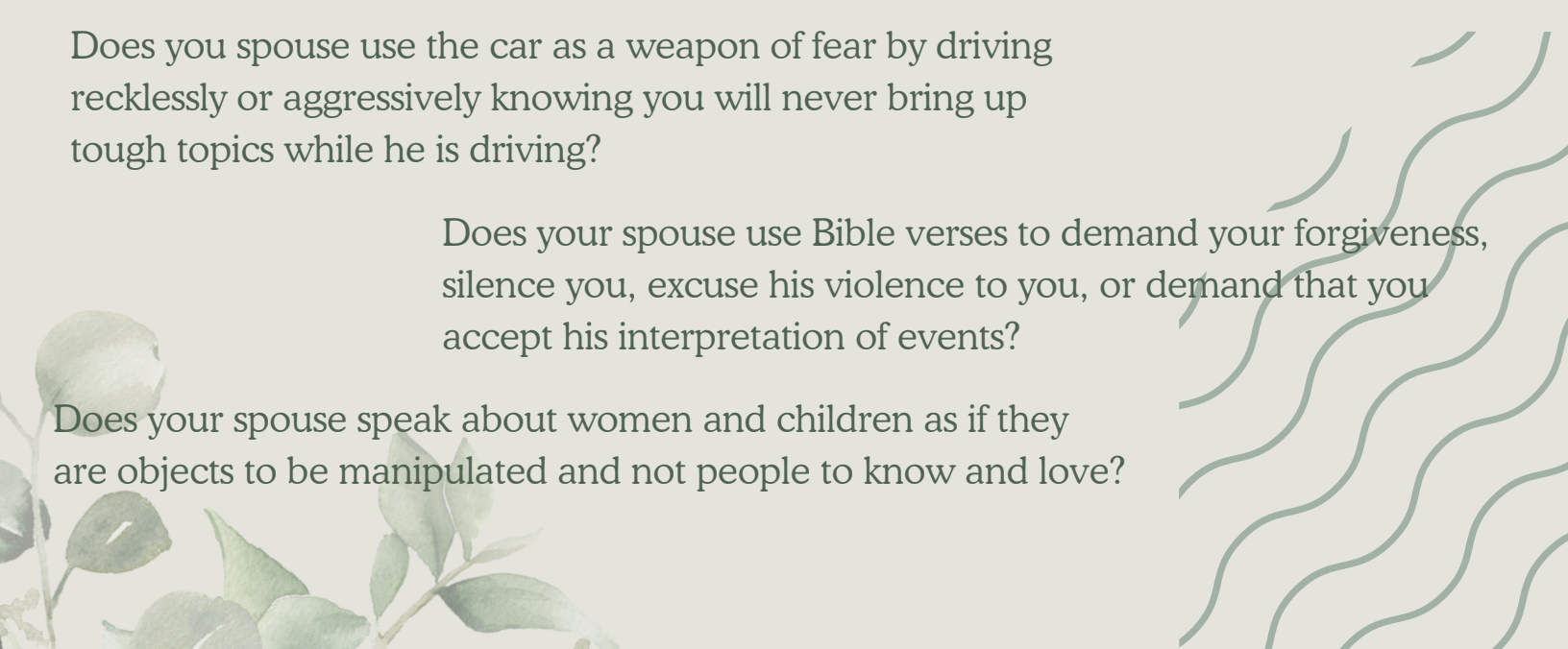
Does your spouse interrupt your sleep by forcing you into long conversations, turning the thermostats to uncomfortable levels or purposely waking you up before you need to be up?

Does your spouse keep track of your movements, text messages, phone calls or “fun money”?

Does he try to isolate you by telling you “Leave and cleave” means you cannot have a normal relationship with your parents, or friends who might see him as controlling?

Does your spouse use the car as a weapon of fear by driving recklessly or aggressively knowing you will never bring up tough topics while he is driving?

Does your spouse use Bible verses to demand your forgiveness, silence you, excuse his violence to you, or demand that you accept his interpretation of events?



Does your spouse speak about women and children as if they are objects to be manipulated and not people to know and love?