

## Examples of coercive control, structural control and reciprocal or abusive response

<b>COERCIVE CONTROL</b>	<b>STRUCTURAL CONTROL (anxiety)</b>	<b>RECIPROCAL RELATIONSHIPS</b>	<b>COERCIVE STRUCTURAL CONTROL</b>
Telling partner how to dress/look.	<p>New hair cut confuses/causes dysregulation.</p> <p>Fear that dressing differently may signify the partner is unhappy and going to leave (rejection sensitivity dysphoria).</p>	Both partners are involved in negotiating how change in appearance/reactions to this are managed.	<p>Uses abusive tactics to coerce partner to change or maintain look (e.g., insults, threats, manipulation).</p> <p>Victim-survivor either complies or resists with consequences (e.g., feels fear, loss of autonomy)</p>
Isolating partner from friends/family.	Unexpected visitors disrupt routine, predictability.	Visits are negotiated and planned in advance. If visits are unplanned, Neurodivergent person is able to take time out, for instance by going for a walk or by committing to socialising for a set amount of time.	<p>Becomes abusive and rude towards person who has visited.</p> <p>Masks discomfort whilst the visitors are there and is then abusive to partner following the visit.</p> <p>Victim-survivor does not invite friends/family members to the home, becomes isolated.</p>
Night out together.	Sensory overload leads to emotional dysregulation/meltdown.	Effective communication between partners where conversations are practiced in calm environments where a person can explain they are overwhelmed and what support they need.	Becomes physically and emotionally abusive towards partner, blaming them for feeling dysregulated and overwhelmed.

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			<p>Victim-survivor stops accepting invites for social events to prevent partner becoming dysregulated. Loss of friendships and autonomy can ensue.</p>
<p>Change in routines/ challenges authority.</p>	<p>Creates anxiety/unpredictability.</p>	<p>Alternative coping strategies for managing change that fit with personal preferences and interests, e.g., a walk in nature, holding hands under the cold tap, breathing exercises.</p>	<p>Attempts to exert authority over partner, physical or emotional aggression or blackmail.</p> <p>Victim-survivor is led to believe that it is her responsibility as a good partner to organise home and family activities that only suit her partner's needs. Both she and the children miss out on meeting their own social and emotional needs.</p>