

## **BIDERMAN'S CHART OF COERCION** (available at <http://www.refocus.org/coerchrt.html>)

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This short article describes a break-down of various forms of coercion used in a variety of settings. Looking at a number of forms of oppression and violence, this model has real implications for looking at the forms of coercion used in domestic violence.

Isolation is seen as consisting of three forms:

- Depriving an individual of social support which effectively inhibits that person's ability to resist;
- Makes the individual dependent on the perpetrator; and
- Develops an intense concern with the "self" of the perpetrator(s).

Monopolization of Perception is another tactic used and likewise consists of three forms or consequences:

- Fixes attention of the victim on the immediate predicament – fostering introspection (which inhibits one's ability to hope, plan, or resist);
- Eliminates competing stimuli (which reinforces the omnipotence of the perpetrator); and
- Frustrates actions not consistent with compliance.

Induces Debility and Exhaustion The victim becomes worn out by the levels of tension and fear, and by constantly attempting to "read" the perpetrator and their behavior; while simultaneously avoid expressing fear, sorrow or rage to avoid further consequences from the perpetrator.

Occasional Indulgences which reinforce the omnipotence of the perpetrator and provides motivation for compliance.

Devaluing the person through words and actions. This can result in:

- Creating fear of freedom and dependence on the perpetrator;
- Reinforcing feelings of helplessness; and
- Developing lack of faith in their own capabilities.

These tactics and the consequences are seen commonly in forms of torture and can provide a framework to better understand the impact of domestic violence.