

## COERCIVE CONTROLLING BEHAVIOURS

### Used on Children in Parental Alienation Dynamics

<b>Isolation</b>  Restricting the child's social connections, limiting their interactions with others and fostering a sense of isolation	<b>Using Intimidation</b>  Employing fear-inducing tactics to make the child feel threatened or unsafe	<b>Creating Dependency</b>  Encouraging the child to rely solely on the alienating parent for emotional support, fostering emotional dependency
<b>Monitoring and Surveillance</b>  Invading the child's privacy through surveillance, fostering a sense of constant scrutiny	<b>Gaslighting</b>  Manipulating the child's reality, causing them to doubt their perceptions, sanity or experiences	<b>Behaviour Modification Techniques</b>  Use conscious or unconscious behavioural modification techniques involves a rewarding alignment with their views or punishing the child's expressions of positive feelings towards the targeted parent
<b>Rewriting History</b>  Providing the child with a distorted or biased version of past events to shape their understanding of the relationship with the targeted parent	<b>Social Reinforcement</b>  The social circle around the child contributes to the alienation process with friends, extended family or others close to the alienating parent reinforces a negative narrative about the targeted parent	<b>Intruding on Time Child Spends with Targeted Parent</b>  Disrupting and interfering with the quality time the child spends with the targeted parent, undermining the parent-child relationship
<b>Forced Loyalty Tests</b>  Imposing situations or conversations designed to test and enforce the child's loyalty to the alienating parent, often at the expense of the targeted parent	<b>Alienation Campaigns</b>  Conducting deliberate and systematic campaigns to denigrate the targeted parent through false narratives, character assassination or negative portrayals	<b>Forcing the Child to Reject Affection</b>  Pressuring the child to reject displays of affection or love from the targeted parent, creating emotional distance
<b>Conditional Love</b>  Making the child feel that love and approval are contingent upon aligning with the alienating parent's views or demands	<b>Exploiting Child's Vulnerabilities</b>  Identifying and exploiting the child's emotional vulnerabilities to manipulate their perceptions and behaviours	<b>Using Threats</b>  Issuing warnings of harm or negative consequences to coerce compliance or silence from the child
<b>Supervised Visits to Vilify Targeted Parent</b>  Utilising supervised visits as a means to denigrate the targeted parent, making the child feel scrutinised or uncomfortable	<b>Physical Distance and Proximity</b>  Limit physical contact or affection between child and targeted parent sending indirect signals to the child that closeness with the other parent is unacceptable or unsafe	<b>Gift-Giving or Material Inducement</b>  Use gifts or material inducements to influence the child's perception creating a sense of obligation or gratitude, hindering the child's ability to form an unbiased relationship with the targeted parent
<b>Routine and Environment</b>  Consistent exposure to a negative environment the alienating parents has created towards the targeted parent impacts the child's beliefs and attitudes	<b>Economic Abuse</b>  Controlling or exploiting financial resources in a way that affects the child's well-being or sense of security	<b>Using Physical or Sexual Abuse</b>  Employing physical or sexual violence to intimidate and control the child

Note: This list is not exhaustive. It is essential to approach each case individually, considering its unique circumstances. Parental alienation is not a one-size-fits-all; there are many factors to consider.