## Family Shelter Service

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## **№ BIDERMAN'S CHART OF COERCION**

Biderman's Chart of Coercion is a tool developed to explain the methods used to break the will or brainwash a prisoner of war. Domestic violence experts believe that batterers use these same techniques.

General Method	Effects and Purposes			
Isolation	Deprives victim of all social support (for the) ability to resist			
	Allows victim to be present at all times to keep home environment stable and non-threatening			
	Makes victim dependent upon abuser			
Control or Distortion of Perceptions	Fixes attention upon immediate predicament; fosters introspection			
•	Eliminates information that is not in agreement with the abuser's message			
	Punishes actions or responses that demonstrate independence or resistance			
	Abuser manipulates by being charming, seductive, etc. to get what is wanted from victim and becomes hostile when demands are not met			
Humiliation or Degradation	Wakens mental and physical ability to resist			
Degradation	Heightens feelings of incompetence			
	Induces mental and physical exhaustion			
Threats	Creates anxiety and despair			
	Outlines abuser's expectations and consequences for noncompliance			
Demonstrating Omnipotence or Superiority or Power	Demonstrates to victim that resistance is futile			
Enforcing Trivial Demands	Demands are often trivial, contradictory and non-achievable			
Demands	Reinforces who has power and control			
Exhaustion confusion	The abuser uses sleep deprivation to keep victim in a state of			
Occasional Indulgences	Provides positive motivation for conforming to abuser's demands			
	Victim works to "earn" these indulgences in an effort to increase self- esteem			