Submission No 123

COERCIVE CONTROL IN DOMESTIC RELATIONSHIPS

Name: Name suppressed

Date Received: 9 February 2021

Partially Confidential

I would like to introduce myself.

I have taken longer to submit this submission as I have found that trying to explain my previous history of coercive abuse very confronting and upsetting.

I am a 60 year old single lady, have previously been married twice for some 30 years in total

I would like to take this opportunity in explaining in no great detail, as it would take far to long and I would like to highlight some of the examples of my experiences regarding this pattern of behaviour called coercive control. Most of this abusive behaviour DID NOT occur in my second marriage.

- This behaviour was in my First Marriage from and always in a relationship from and also with a male friend whom I had known for 3yrs and shared a house, so it is not always in relationships it is anyone whom you think is your best friend lover, husband or partner.
- · Physical and emotional black mail if you leave me I will make sure you will be followed and have no future at all or life.
- Children and family access in person by phone or any other form letter ,presents gifts all denied for 10years.1990 (not letting my 5&7yr old children know the truth)court counsellors said the children where under extreme anxiety and to leave the counselling as it was aggravating the situation at home with their father.
- Using my medical /health issues as a negative and unfit as a person.
- Gender Roles you will do the cooking ,cleaning shopping etc.
- Controlling all money finance and vacations / holidays if any .
- Consistent lies, keeping up a type of image out in the public.
- undermining my, Thoughts and ideas Complaining constantly about every little action or decision.
- Gas lighting I had no idea what this was until my GP explained
 - Hiding pictures of family, moving items taking car keys ,house keys clothing, anything that would question my ability to logically think or explain am I losing reality thinking always questioning my reality.
- Monitoring me checking up stalking and blocking my access to car, phone, Monitoring calls
- Jealous out bursts, threats, firearms hurting, pushing, shouting, standing on my feet.
- Callous vicious acts against children babies(twisting their toes or standing and grinding the children's feet under their hard sole shoes.
 Animals using rat poisoning to hurt kill my dogs
- Moving me away from family and friends.
- Demands for sex , then would demine me by demanding I clean the shower naked and with a tooth brush clean every tile and grout line or there would be consequences.
- Malicious vulgar name calling language you are a cunt slut,hoar,bitch.
- The last thing I would like to say is that being a victim is something I hate to admit as I felt and still do to this day guilt for not being strong enough to stand up and say I need help, and where to find help ,whos going to believe me.

Most of these offenders have a good idea at what they are doing is wrong and are in high paying positions of power in their employment and think that they can treat women anyway they can, rules don't apply to them .

I have not told the full extent of my life story about coercive control Nor do my sons have any knowledge of what I have been though, until my most recent case in

They are also victims of this degrading vile behaviour which needs to be addressed, to many people are at risk and lives are at danger and the damage is lingering and long-term.

I constantly have nightmares take antidepressants and have been recently told I suffer from PTSD.

I question my existence everyday and still I blame myself.

I hope this submission helps for a better future and outcome.

Yours sincerely