

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

BIDERMAN'S CHART OF COERCION