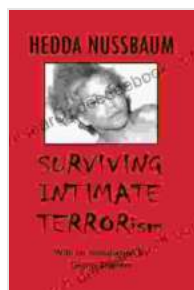


# Surviving Intimate Terrorism: Understanding and Escaping Coercive Control

Intimate terrorism is a serious form of domestic violence that involves the use of physical, psychological, and emotional abuse to control and dominate a partner. It is a pattern of behavior that can escalate over time and can lead to serious physical and psychological harm.



## Surviving Intimate Terrorism by Sean Nolon

★★★★☆ 4.2 out of 5

Language	: English
File size	: 3762 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 364 pages
Lending	: Enabled



## Tactics of Intimate Terrorism

Intimate terrorists use a variety of tactics to control their partners, including:

- **Intimidation and threats:** Intimate terrorists may threaten to harm their partners, their children, or other loved ones. They may also threaten to commit suicide if their partner leaves them.
- **Isolation:** Intimate terrorists may try to isolate their partners from their friends and family. They may control their partner's access to money, transportation, and communication.

- **Humiliation and degradation:** Intimate terrorists may humiliate and degrade their partners by calling them names, criticizing their appearance, or making them feel worthless.
- **Economic abuse:** Intimate terrorists may control their partner's access to money and resources. They may force their partner to give up their job or give them all of their money.
- **Sexual abuse:** Intimate terrorists may force their partner to engage in sexual acts against their will. They may also use sexual abuse as a way to control and dominate their partner.

## **Warning Signs of Intimate Terrorism**

There are a number of warning signs that may indicate that you are in an intimate terrorist relationship, including:

- Your partner is excessively jealous and possessive.
- Your partner tries to control your behavior, such as who you see, what you wear, or where you go.
- Your partner makes you feel afraid or intimidated.
- Your partner has threatened to harm you, your children, or other loved ones.
- Your partner has isolated you from your friends and family.
- Your partner has humiliated or degraded you.
- Your partner has controlled your access to money and resources.
- Your partner has forced you to engage in sexual acts against your will.

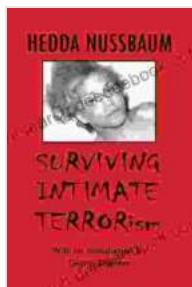
## Escaping Intimate Terrorism

If you are in an intimate terrorist relationship, it is important to get help.

There are a number of resources available to help you escape an abusive relationship, including:

- **Domestic violence hotlines:** Domestic violence hotlines provide confidential support and resources to victims of domestic violence. You can call a hotline to talk to a trained advocate who can help you develop a safety plan and connect you with local resources.
- **Shelters:** Shelters provide a safe place to stay for victims of domestic violence. Shelters can also provide counseling, support groups, and other resources to help victims rebuild their lives.
- **Legal services:** Legal services can help you obtain a restraining order or divorce from your abuser. Legal services can also help you with other legal issues related to domestic violence, such as child custody and financial abuse.

Intimate terrorism is a serious form of domestic violence that can have devastating consequences. If you are in an intimate terrorist relationship, it is important to get help. There are a number of resources available to help you escape an abusive relationship and rebuild your life.



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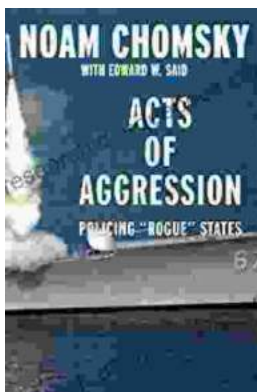
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