

POWER AND CONTROL TACTICS USED AGAINST PEOPLE WHO HAVE ADDICTIONS

Originally adapted from: Domestic Abuse Intervention Project, Duluth, MN ~ Copyright 1996 – Marie T. O’Neil
 Modifications for Addiction by Teri Gutierrez ~ 2003

TACTICS	COMMON EXAMPLE OF USE OF EACH TATIC
Using Isolation	Controlling what she does, who she sees and talks to, where she goes. Limiting or interfering with her outside support for addiction recovery (i.e. keeping her from recovery support friends/sponsor, preventing her from attending AOD TX, AA/NA meetings, being jealous of talking to men in recovery), pretending to be her only recovery support person
Using Emotional Abuse	Making her feel bad about using drugs or being an addict. Calling her names (‘junkie, pothead, lush etc.) in front of her support people, family, service providers. Making her think she is crazy, forcing her to stop using but having access to drugs in the house, then blaming her for using. Playing mind games; telling her she doesn’t remember because of drug/alcohol use, purposely hiding drugs and saying she took them. Humiliating her; threatening to committed suicide if she doesn’t what he wants.
Minimizing, Denying & Blaming	Making light or denying of his abusive behavior because of her drug use, and blaming her because she either can’t stay clean or that she is triggering him to use. Being physically abusive and saying he had to restrain her, he did it for her good to keep her from using. Saying she caused the abuse because of her violent behavior under the influence. Minimizing his family responsibility due to his recovery activities. Blaming his treatment requirements on her.
Using Threats & Intimidation & Psychological Abuse	Making and/or carrying out threats to hurt her or loved ones, instilling fear by saying if she calls the police he will turn her in for drug use and/or making her drop charges; using intimidation by threatening to hurt her if she does not use with him.
Encouraging Substance Dependence	Introducing drugs/alcohol to her to intentional cause addiction; Encouraging drug use and dependence; sabotaging her efforts to quit using; controlling her substance use and using her addiction to coerce her into doing what he wants (i.e. withholding drugs/alcohol during withdrawal until she complies)
Using Economic Abuse	Making her financially dependent or total responsible for income of family (i.e. sabotaging employment efforts by withholding transportation or childcare so she can work); Taking her money and making her ask for money (i.e. questioning her and having her justify all her spending, demanding her employment or disability or welfare check);
Using Physical Abuse	Attempting or inflicting physical injury (i.e. pushing, slapping, strangling, stabbing, beating etc.) Keeping her up all night, causing stress related health problems; keeping her from receiving medical attention due to drug use.
Using Sexual Abuse	Treating her like a sex object; coercing her to do sexual things she doesn’t want to; intentional targeting sexual body parts; forcing her to have sex with other people and/or forcing her into prostitution for drugs or drug money.
Using Male Privilege	Treating her like servant, expecting her to do all the house chores and childcare; using double standard by putting focus on her addiction even if he does or did use; taking advantage of the stigma of women and mothers who use.
Using the Children	Threatening to hurt the children if she doesn’t comply; telling her and/or the children she is a bad mother; threatening to turn her in for her addiction and get custody of the children.
Using Legal Abuse	Making her do illegal things (i.e. forcing her into prostitution, selling or manufacturing of drugs, forgery); Threatening to turn her into police; Making her keep drugs on her; Using her past addiction to gain child custody