



Is It me? Understanding Coercive Control

Many women in harmful relationships never experience a single punch. But they live in constant fear — and that is abuse too.

Coercive control is a pattern of behaviour designed to dominate, isolate and manipulate a partner. It can include relentless criticism, monitoring phone calls and movements, controlling finances, humiliating you in front of others, and threatening to take the children away if you leave. There may be no bruises, but the damage is profound.

What many women don't realise is that coercive control is legally recognised as family violence under the Family Law Act. You don't need to have been hit to have experienced family violence in the eyes of the law — and that matters enormously in

parenting and property proceedings. Since recent changes to the law, family violence features prominently as a reason a survivor might receive more of the property pool.

Two fears keep many women trapped: "He'll take the kids" and "I'll have nothing." These threats are among the most common tools of control — and they are rarely true. Family courts take family violence seriously, and there is legal protection available for both you and your children.

If any of this feels familiar, you are not overreacting. What you are experiencing has a name, it is recognised by the law, and help is available.

Reach out to a family lawyer or call 1800RESPECT (1800 737 732) — confidentially, any time.



FREE 10 MINUTE CONSULTATION

**For a FREE confidential
10 minute phone
consultation, call Managing
Director, Fiona Reid.**

Fiona Reid is the Managing Director of Reid Family Lawyers, a boutique specialist family law firm with offices in Brookvale and Surry Hills. She is supported by a team of expert family lawyers. The firm has a wealth of experience in all facets of family law including complex property matters, parenting matters, child support and spousal maintenance issues, relocation, de facto and same sex issues, surrogacy and adoption.



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