Recognizing Abuse And Coercive Control Workbook

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

This is a reflection tool, not a test. One honest sentence, one checked box, or one small next step can be enough.

Recognizing Abuse And Coercive Control

Workbook

A printable reflection and practice resource

When Something Feels Wrong

Recognizing coercive control, stalking, harassment, financial abuse, post-separation abuse, and escalation without pressuring yourself toward a decision.

Workbook 01

Safety, Advocacy & Recovery Education

Created by Michelle D. Elder, MSW, LMHC Free therapeutic-style education - not therapy, legal advice, medical care, or emergency response My Reflective Collective - Safety, Advocacy & Recovery Education Page 1 Before you begin This is a person-centered, trauma-informed workbook. You decide what to read, write, print, share, skip, or stop.

You do not need to prove that something is bad enough before seeking support. A worksheet should never be used to pressure someone to leave, stay, report, confront, forgive, remember more, or take legal action.

Immediate danger or medical emergency: call 911 in the U.S. or Canada. For suicide or mental-health crisis support in the U.S. or Canada, call or text 988. For relationship-abuse support in the U.S., contact the National Domestic Violence Hotline at 800-799-SAFE (7233), text START to 88788, or visit thehotline.org. Services, privacy practices, and emergency-response policies vary by location.

Technology safety: if someone may monitor your device, accounts, vehicle, home network, or location, use a safer device or location when possible. Private browsing and deleting history do not erase every record. Changing access or settings may alert a person who is monitoring you or erase evidence, so consider confidential technology-safety support before making changes.

This workbook provides general education, not legal advice, representation, investigation, diagnosis, psychotherapy, medical care, crisis response, or an individualized safety plan. Laws, court procedures, evidence rules, deadlines, confidentiality, and available remedies differ by place and situation. Consult a

licensed attorney, legal-aid program, tribal legal service, court self-help program, or trained advocate for guidance that fits your circumstances.

Choice and pacing

- Keep your eyes open, work in short sections, use initials, leave blanks, ask an advocate to sit with you, or stop.

Store or dispose of completed pages only in ways that support safety. Do not investigate, confront, or test another person because of a worksheet.

What would help this feel safer or more manageable today? _____

_____

___ _____

_____ My Reflective Collective - Safety, Advocacy & Recovery Education Page 2 My support and safety page Write only what is safe to keep. Consider neutral contact names or an advocate's guidance if discovery is a _____

_____ _____

_____ concern.

Immediate emergency plan Confidential advocate or hotline Attorney, legal aid, or court self-help Medical or mental-health support Trusted person and code word Safer device or location Transportation, children, pets, language, or accessibility needs My Reflective Collective - Safety, Advocacy & Recovery Education Page 3

1. Your knowing matters

Abuse is not limited to physical injury. A pattern may reduce freedom, safety, privacy, resources, relationships, movement, or the ability to make ordinary choices. Confusion can be an effect of manipulation, fear, exhaustion, or repeated contradiction - not proof that your concern is invalid.

What has become harder to do freely? _____

_____ _____

_____

What do I change to prevent a reaction? _____

_____ _____

_____

What does my body notice before I have words? _____

_____ _____

_____

_____ **My Reflective Collective - Safety, Advocacy & Recovery Education Page 4**

2. Coercive control

Coercive control may involve isolation, monitoring, intimidation, rules, humiliation, punishment, sexual coercion, threats, manipulation of children or systems, and control of daily choices. The pattern and its impact matter even when each act appears ordinary to outsiders.

_____

_____ Pause point: If this section increases fear, confusion, dissociation, or urgency, stop. Orient to the date and place, move toward support, and use emergency or crisis services when needed.

Rules I am expected to follow Consequences I anticipate if I disagree Choices that no longer feel fully mine My Reflective Collective - Safety, Advocacy & Recovery Education Page 5

3. Stalking and unwanted pursuit

Stalking may include repeated unwanted contact, appearing at places, surveillance, gifts that create fear, impersonation, tracking, third-party contact, property interference, or threats. Trust the safety impact while seeking individualized help.

Behaviors, dates, accounts, places, or witnesses What changed after I requested space or no contact

_____

_____ Safer people, routes, or locations My Reflective Collective - Safety, Advocacy & Recovery Education Page 6

4. Online harassment

Harassment can move across text, email, social media, payment apps, gaming, work systems, shared storage, and newly created accounts. Engaging solely to create proof can increase contact; preservation and reporting choices should center safety.

Platforms or accounts involved What can be preserved without increasing danger

_____

_____ Who can help

review privacy or reporting options My Reflective Collective - Safety, Advocacy & Recovery Education Page 7

5. Financial abuse

Financial abuse can include taking income, creating debt, withholding necessities, sabotaging work, forcing signatures, hiding information, controlling benefits, or blocking access to money and documents.

Accounts, debts, income, property, or benefits to understand Documents I may need copies of A qualified person who can help My Reflective Collective - Safety, Advocacy & Recovery Education Page 8

6. Post-separation abuse

Separation may not end control. Harm can continue through stalking, litigation, parenting exchanges, reputation attacks, money, pets, property, technology, or repeated emergencies. Leaving can increase danger in some situations, which is why individualized planning matters.

Contact points that continue Transitions or events that need planning Ways to reduce direct contact safely My Reflective Collective - Safety, Advocacy & Recovery Education Page 9

7. Escalation

Increasing frequency, stalking, strangulation, weapons, forced sex, threats involving children or pets, suicide or homicide threats, separation-related rage, or disregard for orders may signal urgent risk. No checklist predicts the future.

What has intensified or changed _____

_____ _____

_____ Who needs to know now What would tell me to call emergency services My Reflective Collective - Safety, Advocacy & Recovery Education Page 10

8. A reality record

Separate direct observations, personal impact, and questions. You can record exact words or actions, date, place, injuries or damage, witnesses, technology involved, and what happened next without diagnosing motives.

What I directly observed

What changed in my life or safety What I want an advocate or attorney to help assess My Reflective Collective - Safety, Advocacy & Recovery Education Page 11

9. A supported next step

Options may include confidential advocacy, medical care, legal information, workplace or school support, technology-safety help, a trusted person, or emergency services. The safest next step may be small.

One person or service I may contact A safer time, device, or location

What I want help understanding

One-page action map

- Choose only steps that fit your safety, legal advice, capacity, culture, privacy, and real life.

What I know right now

What I want help understanding

Most urgent safety consideration One person or service I may contact A step from a safer device or place A step I am intentionally not taking yet Date to review Resources and scope guidance that fits your circumstances.

National Domestic Violence Hotline (U.S.) thehotline.org | 800-799-SAFE | text START to 88788 988 Suicide & Crisis Lifeline Call or text 988 in the U.S. or Canada Emergency services Call 911 for immediate danger or medical emergency in the U.S./Canada WomensLaw womenslaw.org - U.S. legal information and referrals Legal Services Corporation lsc.gov - U.S. civil legal-aid finder NNEDV Safety Net techsafety.org - technology-safety education 211 211.org - community-resource connections in many areas Copyright and sharing attribution, or present this material as individualized professional advice. Resource listings are starting points, not endorsements or guarantees.

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If there is immediate danger or a medical emergency: Call 911 in the United States or use your local emergency number. For U.S. suicide or mental-health crisis support, call or text 988. For relationship-safety support, contact the National Domestic Violence Hotline at 800-799-7233, text START to 88788, or visit TheHotline.org from a safer device when possible.

Privacy and safer searching If someone may monitor your device, accounts, internet connection, location, downloads, or browser activity, consider using a safer device and a trusted network. Private browsing may reduce locally saved history but does not make activity invisible. Clearing history can also be noticed. A website Quick Exit button changes the page; it cannot erase browser, download, router, account, employer, school, carrier, or device records. Choose only steps that feel safer in your situation.

Do not store identifying or safety-sensitive answers where another person may find them.

Educational scope and professional limits This resource provides general psychoeducation, reflection, and wellness support. It is not therapy, counseling, diagnosis, assessment, treatment, medical advice, legal advice, crisis response, forensic evaluation, or an individualized safety plan.

It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

Choice, pacing, and inclusion You may skip, change, discuss, dictate, draw, pause, or stop any activity. No exercise can determine what you experienced, diagnose a condition, prove a legal claim, guarantee safety, or

tell you whether to stay, leave, report, reconcile, forgive, or pursue court action. Adapt language and activities for culture, identity, disability, neurotype, age, literacy, sensory needs, and personal preference. Automatic translation can make mistakes; confirm legal, medical, emergency, and safety-critical wording with a qualified person.

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