

Biderman's Chart of Coercion

A tool designed to_demonstrate and explain the coercive methods of stress manipulation used to torture prisoners of war. It has been applied to explain the coercive techniques used by perpetrators of domestic abuse.

This list directly reflects the original chart, it has not been changed to fit the domestic abuse context.

Method	Effect and Purpose	Variants
Isolation	Deprives victim of all social support	Complete solitary confinement
	of their ability to resist.	Complete or partial isolation
	Develops an intense concern with	Group Isolation
	self (this could be home	
	environment)	
	Makes victim dependent.	
Monopolisation	Fixes attention upon immediate	Physical isolation
of Perception	predicament.	Darkness or Bright light
	Eliminates information not in	Restricted movement
	compliance with demands.	Monotonous Food
	Punishes independence and /or	
	resistance.	
Humiliation and	Makes resistance more 'costly' than	Personal hygiene prevented
Degradation	compliance.	Demeaning Punishments
	'Animal Level' concerns.	Insults and taunts
		Denial of Privacy
Exhaustion	Weakens mental and physical ability	Semi-Starvation
	to resist.	Sleep deprivation
		Prolonged interrogation
		Overexertion
Threats	Creates anxiety and despair	Threats to kill
	Outlines cost of non-compliance	Threats of abandonment/non-
		return
		Threats against family
		Vague Threats
		Mysterious changes of
		treatment.
Occasional	Positive motivation for compliance.	Occasional favours
indulgences	Hinders adjustment to deprivation	Rewards for partial compliance
		Promises
Demonstrating	Suggests futility of resistance	Confrontation
Omnipotence		Showing complete control over
		victims face
Forcing trivial	Develops habit of compliance	Enforcement of 'rules'
demands		

Amnesty International (1994)