



What is social isolation abuse?

Isolation is a form of abuse often closely connected to controlling behaviors. It is not an isolated behavior, but the outcome of many kinds of abusive behaviors. By keeping you from seeing who you want to see, doing what you want to do, setting and meeting goals, and controlling how you think and feel, they isolate you from the resources (personal and public) which may help you to leave the relationship.

Isolation often begins as an expression of their love for you with statements like "if you really loved me, you would want to spend time with me, not your family." As it progresses, the isolation expands, limiting or excluding your contact with anyone but the batterer. Eventually, you are left totally alone and without the internal and external resources to change your life.

Isolation is an effective method for gaining power and control. Without social contact and support, you are more easily manipulated. As contact with other people diminishes, you become more dependent on the abuser, and may come to see the abuser as your sole source of emotional nurture and practical help. This dependency may make it harder for you to identify and weigh options or to find alternate ways to get your needs met.

The number one tool of abusers is isolation. The reason why it is the most used form and usually one of the first forms of abuse is two-fold. First, isolation keeps you dependent upon the abuser. Second, isolation keeps you from connecting with help. If you can connect with people, read books or in any other way be influenced or educated about abuse, then you will be more likely to leave. By isolating you, the abuser attempts to create an environment where you become solely reliant on the abuser.

Isolation can happen in any number of ways. The first thought of isolation is physical location. An abuser will attempt to physically move you away from family, friends, co-workers and even towns, cities and states which are familiar to you.

Some steps toward total isolation and control:

Step 1: Cause division with family and friends

This begins on an emotional plane. The abuser will question the validity of the your relationships. The abuser might cast doubt on your intentions, your honesty or even their love toward you. Emotional distance is the goal. If you are isolated emotionally, then you will rely on the abuser even more to fill emotional needs.

Step 2: Prevent you from making new friends by being jealous

This is successfully done through jealousy. This is a step that escalates quickly. The abuser leads you to believe they love you and want to protect you from people who do not really care about you. The abuser will restrict you from making new relationships, under the disguise you must spend all your time with the abuser. Later, you become extremely careful not to trigger the abuser's jealousy by allowing yourself to be isolated from others.

Step 3: Prevent you from joining the community through intimidation

Again, isolating you from the others serves to ensure you remains naïve to the abuse.

Step 4: End your attempts at having a 'life'

The abuser needs you to stay home and allow the abuser to solely support you, so now the abuser begins to shut down your life. The abuser will verbally harass you and purposely get you into a fight with the abuser to prevent you from even attempting to leave the house. The abuser's goal is your co-dependence upon the abuser.

Step 5: Physical Isolation

The abuser will move you away from everything you know and love. You are effectively, isolated and trauma bonded to the abuser.

If you are in an unhealthy relationship and would like to talk, please give us a call. We are here for you 24/7.



Call our 24/7 Help Line
1-800-273-8712

Safe Hope Center
512 Roland Ave.
Jackson, TN 38301

www.wraptn.org