Stand Again

Coercive Control Self-Assessment Tool

A pattern of abuse.

Every victim-survivor.

Explored in their own words.

Purpose

Coercive control is difficult to recognise from the inside. It builds gradually, it is woven into everyday life, and it often works by eroding a person's trust in their own judgment. Many victim-survivors live inside it for years without the language to name it.

A coercive control self-assessment meets a person where recognition begins: privately, in their own words, with space to self-reflect.

The CCSAT reads the architecture of control (the internal mechanism and the closing exits), indicates how strongly a person's experience resonates with the pattern of coercive control, and directs them to the support that fits.

The CCSAT-M, for men, was built first because men are the cohort Stand Again supports. The model is population-neutral and designed to extend to women, young people, older people and same-sex relationships.

1 The architecture of coercive control

Self-assessment reads the structure of control, the impacts of coercion, and provides pathways for the victim-survivor

F O G

Fear, Obligation, Guilt

The internal control mechanism through which coercive control operates on the victim.

- **Fear** is the victim-side of credible threat. The victim modifies their behaviour to avoid consequences.
- **Obligation** is the exploitation of identity. For male victims, it can be a perversion of the provider & protector role, and the belief that a good man stays despite the abuse.
- **Guilt** is the internalised self-blame that prevents recognition. The victim believes they are the problem. They minimise their experience.

FOG functions as the first threshold test in the CCSAT's interpretation model.

FOG marks the line between a hard relationship and a controlling one.

Financial | Social | Identity | Legal / Logistical

Dependency Enclosure

A framework to describe the structural entrapment that makes leaving a coercively controlling relationship feel catastrophically costly.

- **Financial:** Access to money is restricted, income controlled, debt created.
- **Social:** Friendships severed, family relationships strained, isolated from external sources of connection.
- **Identity**: Sense of self eroded through hypercriticism, devaluation, and psychological manipulation.
- **Legal/Logistical**: Court orders, custody arrangements, institutional positioning, and threats of false allegations.

Each dimension alone may be present in a difficult relationship without coercive control.

Two or more dimensions operating simultaneously is the signal that the exits have been closed.

Intensifier

Psychological Destabilisation

The distortion of the victim's perception of reality: doubting their own memory, own judgment, and own sanity.

- Psychological Destabilisation does not function as a standalone threshold test in the CCSAT. It operates as an intensifier within the interpretation model.
- When FOG and Dependency Enclosure are present and Psychological Destabilisation is also elevated, the signal is very strong.

The CCSAT is designed to detect coercive control architecture. Psychological Destabilisation alone, while serious, does not confirm that coercive control architecture.

2 How it works

The victim-survivor completes the questionnaire, responses are tagged, interpreted, and a pathway determined

A – THE PROMPTS

"You monitor their mood and adjust your behaviour to avoid setting them off."

Across 7 life domains:

1. Your independence
2. Your relationships
3. Your role as a parent (optional)
4. How conflicts work
5. Your emotional life
6. Your sense of self
7. Your daily life

49 experiential prompts across 7 life domains. Describe what it feels like from the inside, not what the partner does.

B – HIDDEN TAGS

Tag	Number Tags	Max Score
Fear	16	64
Obligation	12	48
Guilt	15	60
DE-Financial	4	16
DE-Social	6	24
DE-Identity	9	36
DE-Legal	7	28
Psychological Destabilisation	14	56

Each prompt carries one or more invisible tags that feed the interpretation engine.

C – FOUR-LAYER INTERPRETATION

Domain Breadth

How many of the 7 life domains resonate.

F.O.G.

Present when 2 of 3 components register.

Dependency Enclosure

Present when 2 or more of 4 exits are closing.

Destabilisation

Intensifies the result, does not decide it.

Two override rules also address edge cases where raw thresholds may under-detect.

D – THREE PATHWAYS

3. Pattern consistent with coercive control

Architecture of coercive control detected.

Safety & exit planning, specialist therapy and legal support recommended.

2. Some signals detected, further exploration recommended

Strong signals in isolated part(s) of the architecture of coercive control.

Specialist individual support recommended.

1. Nominal signals detected

Few or no areas of difficulty identified, but architecture of coercive control is not detected.

Professional relationship support recommended.

Asymmetry built in. One-sided expectations separate control from ordinary relationship habits.

No single signal decides. Components must operate together to demonstrate resonance.

"I'm not sure" registers. Ambivalence, or confusion, is scored at the midpoint as a signal.

Calibrated to under-detect. Used only as an educational tool, not a formal diagnostic.

The CCSAT Family

Post validation of the existing tool, further tools are envisioned

Try The Coercive Control Self-Assessment Tool

- **CCSAT-M** — Male - live
- **CCSAT-F** — Female
- **CCSAT-SS** — LGBTQI
- **CCSAT-Y** — Young people
- **CCSAT-E** — Older people

One detection model. Each variant needs its own prompts, built and validated with the people who know that population best.

Interested in collaborating on a variant in the family?

Reach out to contact@standagain.com.au for more.

Where we are

Validation of the CCSAT-M is planned for 2027

Done	Theory, TTI Framework, Coercive Control Taxonomy published
Done	CCSAT instrument, tag, and interpretation model design
Done	CCSAT-M soft launch and live – no data collection
Done	Methodology released for expert review
Planned	Validation testing (planned for 2027)
TBC	Revision and formal CCSAT-M launch
TBC	CCSAT family of tool development

Stand Again

Support for male victims of family violence & coercive control

www.standagain.com.au

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