

Checklist of Grooming, Controlling, Silencing, and Maintenance Behaviors

1. Acting sorry and apologetic or promising not to do it again
2. Threats to hurt or harm the person
3. Threats of hurting family members of the person
4. Threats to harm the person's property if he or she refused.
5. Threats to reject or alienate the person if he or she refused.
6. Aggressive voice tone or mood towards the person.
7. Acting sad to gain sympathy and cooperation from the person.
8. Telling the person you need or must have sex.
9. Making the person feel bad for saying "NO."
10. Instigating the person to test his or her limits, then proceeding to press or erode them
11. Building or misusing a trust to lead the person into what you want.
12. Catching the person by surprise to get a reaction or trap the person.
13. Physically posturing or intimidating the person
14. Physically blocking or holding the person from leaving.
15. Using devices or objects to trap or prevent the person from leaving.
16. Physically holding and preventing the person from leaving.
17. Using physical force to hold or restrain the person from leaving.
18. Using physical force to exhaust the person's physical resistance.
19. Telling the person bad things will have happen if he/she does not do what you say.
20. Using the concerns or fears of the victim to manipulate them.
21. Picking persons you think are too young to tell.
22. Picking persons you think too young to remember.
23. Picking persons whom you think may not understand the wrong-ness of your actions.
24. Picking persons you think are not smart enough to tell.
25. Picking on persons whom you think cannot tell.
26. Getting the person used to people crossing his or her boundaries.
27. Getting the person into trouble as a way of gaining control over them.
28. Corning the person in a place he or she cannot leave.
29. Inviting the person into fun activities.
30. Participating in or initiating activities that the person likes.

31. Making friends with the person's parents in order to get them to allow you access to the person.
32. Using food or candy to engage the person.
33. Using animals or stories about animals to engage the person.
34. Touching or rubbing on the person without their knowing.
35. Offering or giving money to the person to engage their cooperation.
36. Making it look like an accident
37. Telling the person it was an accident.
38. Telling the person it is alright to do what you have done or wish to do.
39. Encouraging the person to tell others in order to convince the person it is OK.
40. Telling the person it is a special or unique thing.
41. Telling the person it will be fun or feel good
42. Pretending to teach the person something special or unique.
43. Not accepting "NO" for an answer.
44. Talking or hinting about sex a lot to gain the person's interest.
45. Talking about your sexual behavior with others in order to make the person jealous.
46. Showing the person sexually explicit material or pornography to gain their interest and cooperation.
47. Talking about sex as an appealing thing.
48. Heckling or bothering the person until they agree.
49. Approaching the person when he or she is distracted or not able to concentrate on your intentions.
50. Offering or giving the person drugs or alcohol in order to gain their cooperation.
51. Making promises in return for sex.
52. Setting up situations to be alone with the victim.
53. Telling the person scary scenarios about what will happen to them or their family if they tell
54. Train the person into cooperation and participation through repeatedly acting out against the person.
55. Using the person's personal property to leverage or blackmail his or her cooperation with you.
56. Selecting persons with poor personal or sexual boundaries.
57. Using or threatening to use weapons to gain the person's cooperation.
58. Using spiritual, cult, occult, or religious means to control or gain access and cooperation.
59. Telling or giving the impression that higher authority figures wish for the person to cooperate with you. Other grooming, controlling, silencing, and maintenance behaviors.