Power & Control Wheel

Red Flags:
- Power & Control
- Using Intimidation
- Using Coercion & Threats
- Using Economic Abuse
- Using Privilege
- Using Children
- Using Emotional Abuse
- Using Isolation
- Denying, Minimizing, Blaming

Using Intimidation:
- Using looks, actions, gestures to reinforce control or make you afraid
- Smashing things
- Using pets
- Displaying weapons
- Standing in front of the door or exit

Using Coercion & Threats:
- Making and/or carrying out threats to do something to harm you or commit suicide, driving recklessly to frighten you
- Threatening others who are important to you
- Stalking

Using Economic Abuse:
- Preventing you from getting or keeping a job
- Making you ask for money
- Interfering with work or education
- Taking your credit cards without permission
- Not working and requiring you to provide support
- Keeping your name off joint assets

Using Privilege:
- Treating you like a servant
- Making all the "big" decisions
- Being the one to define the roles or duties in the relationship
- Using privilege or ability to discredit you, cut off access to resources or use the system against you
- Knowing "what's best" for you

Using Children:
- Making you feel guilty about the children
- Abusing pets
- Using children to relay messages
- Threatening to take the children
- Telling you that you have no parental rights
- Threatening to tell the authorities to take your children

Using Emotional Abuse:
- Putting you down
- Making you feel bad about yourself
- Calling you names
- Playing mind games
- Making you feel guilty
- Humiliating you
- Questioning your identity
- Reinforcing internalized phobias and isms

Using Isolation:
- Controlling what you do, who you see or talk to
- Limiting your outside activities
- Making you account for your whereabouts
- Saying no one will believe you
- Not letting you go anywhere alone

Denying, Minimizing, Blaming:
- Making light of abuse
- Saying it didn’t happen
- Shifting responsibility
- Saying it’s your fault
- Saying it’s your fault, you deserved it
- Accusing you of "mutual abuse"
- Saying it’s just fighting, not abuse
- Accusing you of "making" them abuse you

Adapted from the Domestic Abuse Intervention Project
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