

Power & Control Wheel

Physical VIOLENCE Sexual

Making and/or carrying out threats to do something to harm you*threatening to leave or commit suicide★

Using Coercion & Threats

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 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 Intimidation

Using looks, actions, gestures to reinforce control or make you afraid★ smashing things ★ abusing pets★ displaying weapons★ standing in front of the door or exit

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

Power

& Control

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 * sayin it didn't happen*shifting responsibility * 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 vou

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Adapted from the Domestic Abuse Intervention Project Duluth, Minnesota



