# POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abusive person to take control of the victim's life and circumstances. The power and control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors which are used to establish and maintain control over someone's partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

## **COERCION AND THREATS**

Making and/or carrying out threats to do something to hurt them. Threatening to leave them, commit suicide, or report them to welfare. Making them drop charges. Making them do illegal things.

#### **GENDER PRIVILEGE**

Treating their partner like a servant. Acting like "master of the castle." Being the one to define the partner's roles. Making false allegations.

#### **ECONOMIC ABUSE**

Preventing them from getting a job. Making them ask for money. Giving them an allowance. Taking their money. Not letting them know about or have access to family income.

## **USING CHILDREN**

Making them feel guilty about the children. Using the children to relay messages. Using visitation to harass them. Threatening to take the children away.

#### INTIMIDATION

Making them afraid by using looks, actions, and gestures. Smashing things. Destroying their property. Abusing pets. Displaying or using weapons around them

## **EMOTIONAL ABUSE**

Putting them down. Making them feel bad about themselves. Calling them names. Making them think they are crazy. Playing mind games. Humiliating them. Making them feel guilty.

### **ISOLATION**

Controlling what they do, who they see or talk to, what they read, and where they go. Limiting their outside involvement. Using jealousy to justify actions.

# MINIMIZE, DENY AND BLAME

CONTROL

Making light of the abuse and not taking their concerns about it seriously. Saying the abuse didn't happen, shifting responsibility for abusive behavior. Saying they caused it.



