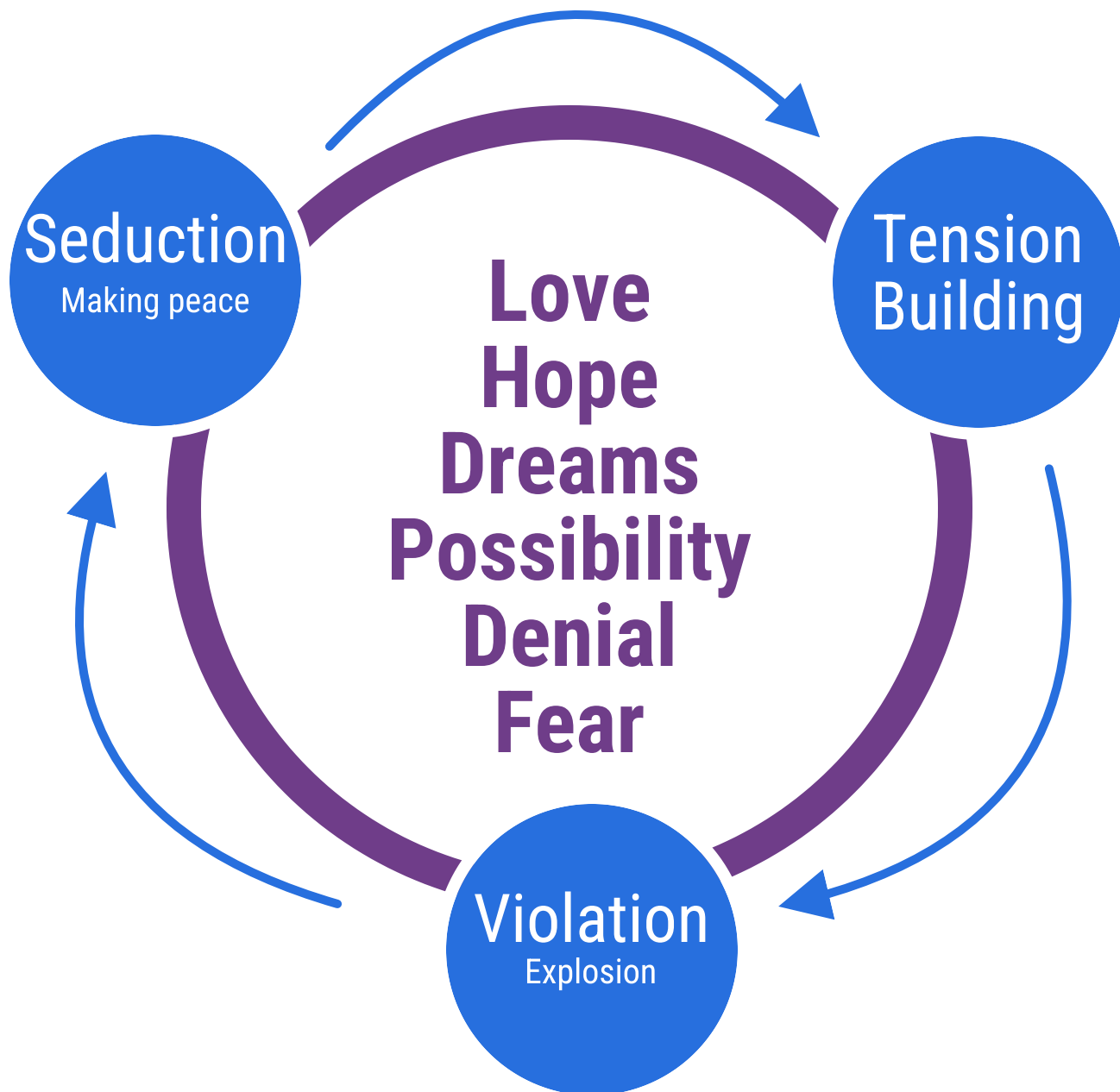


**Domestic Violence is...** Any pattern of behaviors that attempts to control a partner or family member through the use of fear, manipulation, isolation, intimidation, physical abuse, sexual abuse, and/or verbal abuse. Its sole purpose is to establish power and control over another person.

## The Cycle of Violence



**Seduction/Making Peace** - gifts, reconciliation, physical affection, attention, promises, or apologies. "I'm sorry." "It won't happen again." "It will be different this time."

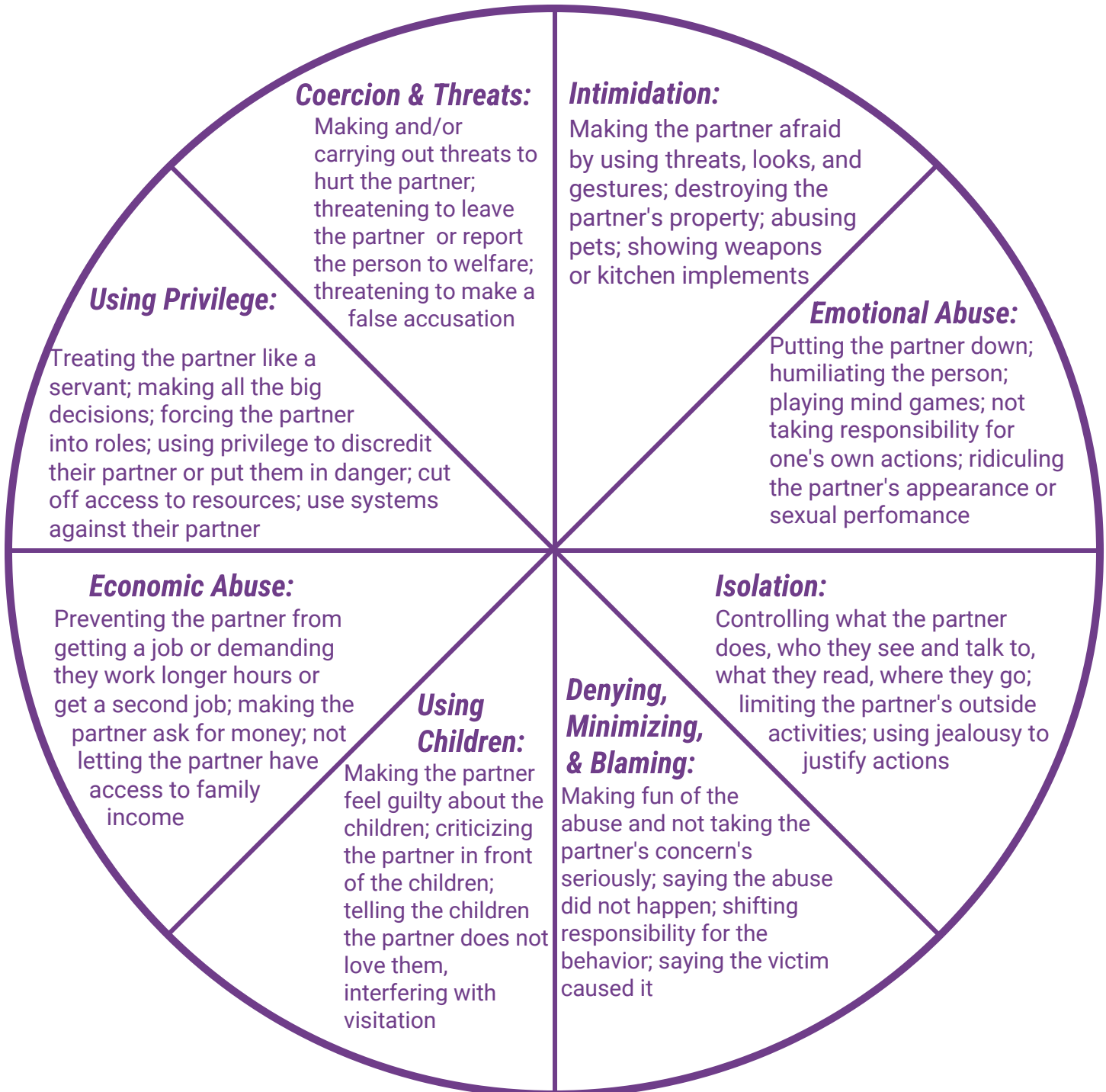
**Tension Building** - a period of increasing pressure, mood swings, irritability, demands, and emotional withdrawal. This phase may feel like "walking on eggshells".

**Violation/Explosion** - when the abusive outbursts occur -- not always physical but extremely painful all the same. Promises are broken; threats are carried out.

# The Power and Control Wheel

Domestic abuse may include physical and sexual violence, but those behaviors are rarely found without other forms of abuse: verbal and emotional abuse, financial control, isolation, manipulation, threats, and intimidation are all common, though they may be more difficult to identify.

*Original Power and Control Wheel developed by: Domestic Abuse Intervention Project*



The Jean Crowe Advocacy Center  
100 James Robertson Pkwy Suite 114  
Nashville, TN 37201  
615-862-4767



Metro Office of  
Family Safety

[ofs.nashville.gov](http://ofs.nashville.gov)

Family Safety Center  
610 Murfreesboro Pike  
Nashville, TN 37210  
615-880-1100