

### **POWER & CONTROL WHEEL**

# PHYSICAL VIOLENCE SEXUAL

POWER

AND

CONTROL

#### USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her/him • threatening to leave her/him, to commit suicide, to report her/him to welfare • makingher/him drop charges • making her/him do illegal things

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#### ABUSE

Preventing her/him from getting or keeping a job • making her/him ask for money • giving her/him an allowance • taking her/his money • not letting her/him know about or have access to family income

#### USING INTIMIDATION

Making her/him afraid by using looks, actions, gestures • smashing things • destroying her/his property • abusing pets • displaying weapons

#### USING EMOTIONAL

#### ABUSE

Putting her/him down • making her/himfeel bad about herself/himself • calling her/him names I making her/him think she's/he's crazyI playing mind games • humiliating her/him I making her feel guilty

#### USING MALE PRIVILEGE

Treating her/him like a servant • making all the big decisions • acting like the "master of the castle" • being the one to define men's and women's roles

#### USING CHILDREN

Making her/him feel guilty about the children • using the children to relay messages using visitation to harass her/him • threatening to take the children away

#### USING ISOLATION

Controlling what she/he does, who she/he see and talks to, what she/he reads, where she/he goes • limiting her/his outside involvement • using jealousy to justify actions

#### MINIMIZING, DENYING

#### AND BLAMING

Making light of the abuse and not taking her/his concerns about it seriously • saying the abuse didn't happen • shifting responsibility for abusive behavior • saying she/he caused it

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Original Power & Control Wheel Developed by: Domestic Abuse Intervention Project Duluth, MN

This project was supported by Grant No. 2015-WE-AX-0020 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author (s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.