

# POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are often the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors makes up a larger system of abuse; they instill the fear of future attacks and allow the abuser to take control of the victim's life and circumstances.

The Power & Control wheel is a helpful tool in understanding overall patterns of abusive and violent behaviors, which are used by an abuser to establish and maintain control over the person being abused. One or more violent incidents are often accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control. The following examples are by no means an exhaustive list, but are meant to illustrate some common tactics used by abusers.

