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.

VIOLENCE

POWER

AND

CONTROL

physical COERCION AND THREATS: Making and/or carrying out

threats to hurt the person, their family, friends, pets, or others. Physical intimidation. Emotional blackmail. Social or professional sabotage. Threatening to expose photos/videos. Pressuring them drop charges. Convincing them to do illegal person, extort sex, money, things.

INTIMIDATION:

servol Using threatening looks, words, gestures, actions. Displaying weapons. Taking anger out on things around the person. Destroying property. Abusing pets. Stalking. Digitally tracking or spying on them. Getting angry if they don't call/text back immediately. Making them prove where they are or who they're with.

EMOTIONAL ABUSE:

Putting the person down. Insulting, mocking, belittling, or embarrassing them. Being condescending. Creating drama. Making unrealistic demands, never being satisfied. Criticizing their body. Playing mind games. Guilting or shaming them. Exploiting their vulnerabilities. Using jealousy to justify obsessive behavior.

and enforcing the rules. Expecting them to adhere to strict behavioral demands. Making all the big decisions. Violating the person's boundaries. MINIMIZING, DENYING,

vehicles, or other shared items. Making

USING

PRIVILEGE:

Using positions of

power to exploit the

favors, or special treatment. Claiming ownership or exclusive control of children, pets, house,

BLAMING:

Gaslighting. Denying or minimizing the abuse. Not taking the person's concerns seriously. Not taking accountability/shifting responsibility for the abuse. Using jealousy to justify their behavior. Invalidating/undermining

the person's requests, feelings, needs, experiences, or concerns.

ECONOMIC ABUSE:

Preventing the person from getting or keeping a job. Demanding that they work long hours or get a 2nd job. Giving them an "allowance". Taking money the person earned. Not giving them access to family Dhysical income or resources. Not disclosing important financial activity. Opening accounts under the person's name.

ISOLATION:

emotional

Controlling what the person does, who they see and talk to, where they go, what they read and/or watch. Controlling who they interact with on social media. Insisting on knowing their passwords. Not allowing the

person to go out without them. Refusing to interact with the person's friends and family.

violent in front of the children. Using children as leverage. Threatening to take the children away. Criticizing the person in front of the children. Interfering with visitation. Threatening to report the person sexual to Social Services. Making children choose sides or using them to deliver messages. Violating co-parenting agreements.

USING CHILDREN

Harming or threatening the child/children. Being

VIOLENCE

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