Power and Control Wheel

PHYSICAL VIOLENCE SEXUAL

USING **COERCION AND THREATS**

Making and/or carrying out threats harm them; Threatening to leave them; Threatening to commit suicide; Threatening to report them to Immigration or Child **ECONOMIC** Welfare; Making them do illegal things.

Preventing them from getting a job; Making them ask for money; Interfering with work or education; Using their credit cards without permission; Not working and requiring them to provide support; Keeping their name off joint assets.

USING

ABUSE

USING PRIVILEGE

Treating them like a servant, Making all the big decisions; Being the one to define roles; Using privilege to discredit them, put Them in danger, cut off access to resources, or use the system against them; Acting like the "Master of the Making them feel guilty about the Castle."

children; Using the children to relay messages; Using visitation to harass them; Threatening to take away the children; Using the children as pawns.

USING INTIMIDATION

Making them afraid or unsafe by using looks, gestures, or actions; Smashing things; Damaging property; Abusing pets; Displaying weapons.

USING **EMOTIONAL** ABUSE

Putting them down; Making them feel bad about Themselves; Calling them names; Making them think they're crazy; Playing mind games; Humiliating them; Making them feel guilty for things.

USING ISOLATION

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

The Power and Control Wheel Developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *adapted by Jen Snider to be gender neutral and with slight modifications not included in the original.

MINIMIZING USING CHILDREN DENYING **AND BLAMING**

POWER

AND

CONTROL

Making light of the abuse and not taking their concerns seriously; Saving the abuse didn't happen; Shifting responsibility for the abusive behavior; Saying they caused the abuse.

PHYSICAL VIOLENCE SEXUAL