Power and Control Wheel

Physical VIOLENCE Sexual

Using Coercion & Threats

Making and/or carrying out threats to do something to harm you*threatening to leave or commit suicide* driving recklessly to frighten you*threatening others who are important to you* stalking

Using Intimidation

Making you afraid by using looks, gestures, actions*smashing things *abusing pets*displaying weapons *using looks, actions, gestures to reinforce control*standing in front of the door or exit

Using Economic Abuse

Preventing you from getting or keeping a job*making you ask for money*interfering with work or education*taking your credit cards without permission*not working and requiring you to provide support * keeping your name off joint assets

Using Emotional Abuse

Putting you down*making you feel bad about yourself*calling you names*playing mind games *making you feel guilty *humiliating you *questioning your identity*reinforcing internalized phobias and isms

Using Privilege

Treating you like a servant * making all the "big" decisions * being the one to define the roles or duties in the relationship * using privilege or ability discredit you, cut off access to resources or use the system against you * knowing "what's best" for you

Power

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Control

Using Isolation

Controlling what you do, who you see or talk to *limiting your outside activities *making you account for your whereabouts * saying no one will believe you * not letting you go anywhere alone

Using Children

Making you fell guilty about the children *using children to relay messages *threatening to take the children *telling you that you have no parental rights *threatening to tell your ex or the authorities to take your children

Denying, Minimizing, Blaming

Making light of abuse*saying it didn't happen*shifting responsibility*saying it's your fault, you deserved it* accusing you of "mutual abuse"*saying it's just fighting, not abuse*accusing you of "making" them abuse you

Physical VIOLENCE Sexual