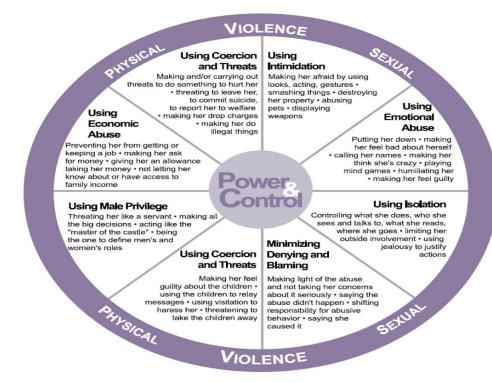
POWER AND CONTROL WHEEL

The wheel makes the pattern, intent and impact of violence visible





VIOLENCE

PHYSICAL

Using Coercion and Threats

Making and/or carrying out threats to do something to hurt her threating to leave her. to commit suicide. to report her to welfare making her drop charges · making her do illegal things

Using ntimidation

SEXUAL Making her afraid by using looks, acting, gestures . smashing things · destroying her property · abusing pets · displaying weapons

Using **Emotional** Abuse

Putting her down • making her feel bad about herself · calling her names · making her think she's crazy · playing mind games . humiliating her · making her feel guilty

Using Economic Abuse

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

Using Male Privilege

Threating her 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 Coercion and Threats

Making her feel quility about the children . using the children to relay messages • using visitation to harass her • threatening to take the children away

Using solation

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using Minimizing jealousy to justify Denying and actions

Making light of the abuse and not taking her concerns about it seriously . saying the abuse didn't happen · shifting responsibility for abusive behavior · saving she

Blaming

caused it

SEXUAL

PHYSICAL

VIOLENCE