

#### **POWER & CONTROL WHEEL**

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## THREATS

- Making/Carrying out threats
- Threatening to leave or commit suicide
- Driving recklessly to scare them

- Making them afraid with looks, gesture, actions
- Smashing things
- Abusing pets
- Displaying weapon
- Blocking the exit

#### EMOTIONAL ABUSE

- Putting them down
- Calling them names
- Making them feel guilty
- Questioning their identity

Using Isolation

they see and talk to

• Not letting them go

anywhere alone

• Reinforcing internalized phobias

• Controlling what they do, who

• Limiting their outside activity

#### USING PRIVILEGE

Preventing them from getting

• Making them ask for money

• Interfering with work or education

• Taking their credit cards without

Economic

ABUSE

or keeping a job

consent

- Treating them like a servant
- Making all the big decisions
- Being the one to define roles
- Cut off access to resources
- Threatening to report to DHS

### POWER & CONTROL

#### Using CHILDREN

- Making them feel guilty about the children
- Using children to relay messages
- Telling them they have no parental right
- Threatening to take the children

#### DENYING, MINIMIZING & BLAMING

- Making light of abuse
- Denying it happened
- Shifting responsibility
- Saying it's their fault, they deserved it
- Accusing them of mutual abuse

PHYSICAL

SEXUAL VIOLENCE

Domestic violence is a pattern of behavior used to obtain or maintain power and control. Our framework for describing abuse is the Power and Control Wheel created by the Domestic Abuse Intervention Project in Duluth, MN.