# **Power And Control Wheel**

## VIOLENCE

Power

and Control

#### Coercion and threats:

Physical

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

#### Male privilege:

Treating 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.

### 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.

Physical

#### Using children:

Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

## Intimidation:

Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

#### Emotion 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.

Sexual

### Isolation:

Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

# Minimizing, denying, and blaming:

Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

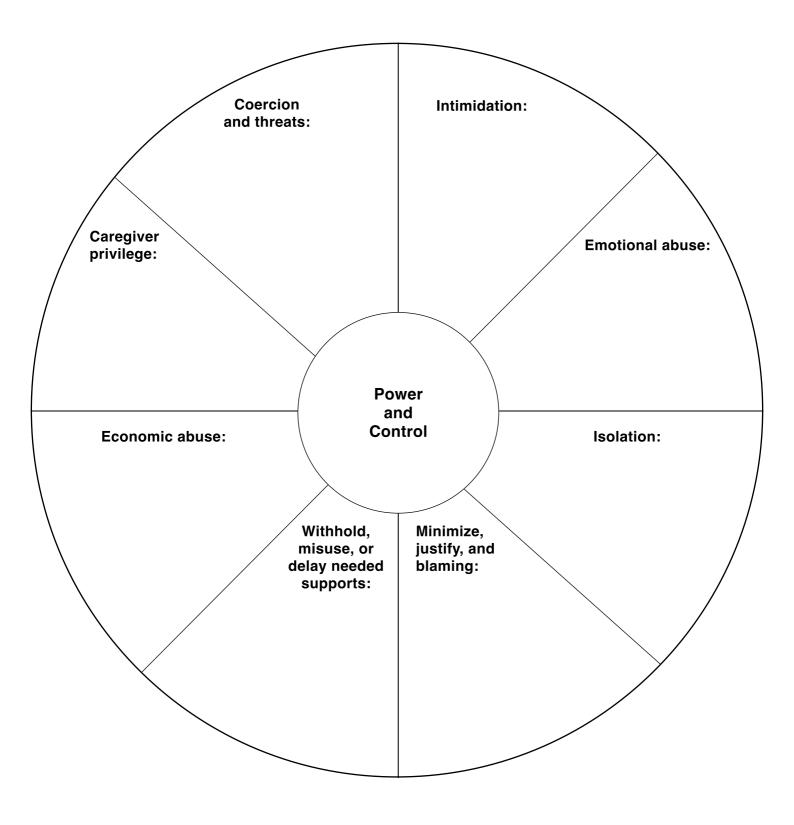
Sexual

VIOLENCE

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