## The Power and CONTROL WHEEL



Domestic Violence is characterized by a pattern of actions that an individual uses with the intention of controlling or dominating their partner. The abusive behaviors that a partner may exhibit within an unhealthy relationship in part stem from the partner's desire to have and/or exert power and control over another. This is why "power and control" are at the center of the wheel.

**POWER** 

AND

CONTROL

## USING INTIMIDATION

Causing fear with looks, actions, or gestures.

#### USING ECONOMIC ABUSE

Preventing a partner from getting/keeping a job, excluding them from financial decisions, or taking their money.

#### **USING PRIVILEGE**

Making all the important decisions, being the one to define roles, or putting a partner down because of race, gender, disability, etc.

## USING CHILDREN

Using children to relay messages or threatening to take the children away.

# USING EMOTIONAL ABUSE

Putting a partner down, making them feel bad about themselves, or name calling.

#### MINIMIZING, DENYING, AND BLAMING

Not taking a partner's concerns seriously, saying that the abuse didn't occur, or shifting responsibility for the abusive behavior.

#### USING COERCION AND THREATS

Threatening to leave a partner, commit suicide, or report them; making or carrying out threats to do something to hurt a partner.

### USING ISOLATION

Controlling
what a partner
does, who they talk
to, and who they
see; using jealousy
to justify actions.