Domestic Violence Power & Control Wheel

Abuse is a pattern of behaviors used to gain or maintain power and control. The complexities of relationship abuse are hard to explain in a single diagram, however the wheel presents a clear lens through which to examine domestic

violence.

"The Crisis Line truly helped me in one of my darkest moments, and I am forever grateful for the person that listened to me that night."

-Anonymous Survivor

Physical VIOLENCE Sexual Coercion

& Threats

making and/or carrying out threats to do something to hurt you * threatening to leave you, to commit suicide, or report you to welfare * making you drop charges * making you do illegal things

Intimidation

making you afraid by using looks, actions or gestures * smashing things * destroying your property * abusing pets * displaying weapons

Emotional Abuse

putting you down * making you feel bad about yourself * calling you names * making you think you are crazy * making you feel quilty

Using Isolation

controlling what you do, who you see and talk to, what you read and where you go * limiting your outside involvement * using jealousy to justify actions

Economic Abuse

preventing you from getting or keeping a job * making you ask for money * giving you an allowance * taking your money * not letting you know about or have access to family income

Male Privilege

treating you 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 in the household

Using Children

making you feel guilty about the children * using the children to relay messages * using visitation to harass you * threatening to take the children away

Denying, Minimizing, & Blaming

Assault

Power &

Control

making light of the abuse and not taking your concerns about it seriously * saying the abuse didn't happen * shifting responsibility for abusive behavior * saying you caused it



g racism

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