POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of their life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive diagram. That haviors, which are used by a batterer to establish and maintain control over their partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly he Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent be-

VIOLENCE

COERCION AND THREATS:

physical Making and/or carrying out threats to do something to harm you. Threatening to leave or commit suicide. Driving recklessly to frighten you. Threatening others who are important to you. Stalking.

USING INTIMIDATION:

servol Making you afraid by using looks, actions, and gestures. Smashing things. Abusing pets. Displaying weapons. Using looks, actions, gestures to reinforce control. Standing in front of the door or exit.

USING ECONOMIC ABUSE

Preventing you from getting or keeping a job. Making you ask for money. Interfering with work or education. Taking your credit cards without permission. Not working and requiring you to provide support. Keeping your name off joint assets.

USING PRIVILEGE:

Treating you like a servant. Making all the "big" decisions. Being the one to define the roles or duties in the relationship. Using privilege or ability discredit you, cut off access to resources or use the system against you. Knowing "what's best" for you.

POWER AND CONTROL

USING EMOTIONAL ABUSE:

Putting you down. Making you feel bad about yourself. Calling you names. Playing mind games. Making you feel guilty. Humiliating you. Questioning your identity.

USING ISOLATION:

Controlling what you do, who you see or talk to. Limiting your outside activities. Making you account for your whereabouts. Saying no one will believe you. Not letting you go anywhere alone.

USING CHILDREN:

Making you feel guilty about the children. Using the children to relay messages. Threatening to take the children. Telling you that you have no parental rights. Threatening Physical to tell your ex or the authorities to take your children.

MINIMIZING, DENYING AND BLAMING:

Making light of the abuse. Saying it didn't happen. Shifting responsibility. Saying it's your fault, you deserved it. Accusing you of "mutual abuse." Saying it's just fighting, not abuse. Accusing you of "making" them abuse you.

VIOLENCE

Original Power and Control Wheel developed by:

Domestic Abuse Intervention Project 202 East Superior Street

Duluth, MN 55802

Adapted by: Womanspace, inc 1530 Brunswick Ave Lawrenceville, NJ 08648

EQUALITY WHEEL

NONVIOLENCE NEGOTIATION AND FAIRNESS: **NON-THREATENING** BEHAVIOR: Seeking mutually satisfying resolutions Talking and acting so that both feel safe and to conflict. Accepting comfortable expressing their feelings and doing changes. Being willing to compromise. things. Practicing consent in sexual relationships. **RESPECT: ECONOMIC PARTNERSHIP:** Listening to eachother Making money decisions together. Making sure both partners benefit non-judgmentally. Being emotionally affirming and understanding. Valuing each other's opinions. from financial arrangements. **EQUALITY** TRUST AND SUPPORT: SHARED RESPONSIBILITY: Supporting each other's goals in life. Respecting each other's right to their own feelings, friends, Mutually agreeing on a fair distribution of work. Making family decisions together. activities, and opinions. RESPONSIBLE PARENTING: **HONESTY AND** ACCOUNTABILITY: Sharing parental Accepting responsibility for self responsibilities. Being a positive, nonviolent role and actions. Acknowledging past use of violence. Admitting being wrong. model for the children. Communicating openly and truthfully. NONVIOLENCE