

Power and Control Wheel

The Power and Control Wheel was developed by the Domestic Abuse Intervention Project in Duluth, Minnesota. It illustrates the tactics an abuser can use on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control.

This wheel has been adapted to be gender neutral and with slight modifications not included in the original

