# **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\*



## PHYSICAL VIOLENCE SEXUAL USING COERCION AND THREATS

Making and/or carrying out threats to harm them; threatening to leave them; threatening to commit suicide; USING threatening to report them to Immigration or Child ECONOMIC Welfare; making them drop charges;

Preventing them from getting making them do or keeping a job; making them illegal things. ask for money or giving an allowance, interfering with work or education; using their credit cards or taking money without permission; not working and requiring them to provide support; keeping their name off joint assets.

## **USING PRIVILEGE**

ABUSE

Treating them like a servant, making all the big decisions; being the one to define roles; using privilege to discredit them; acting like the "Master of the Castle"

## USING **CHILDREN**

**POWER** 

**AND** 

CONTROL

Making them feel guilty about the children; using the children to relay messages; using visitation to harass them; threatening to take away the children.

### USING INTIMIDATION

Making them afraid or unsafe by using looks, gestures, or actions; smashing things; damaging property; abusing pets; displaying weapons.

#### USING **EMOTIONAL** ABUSE

Putting them down; making them feel bad about themselves; calling them names; making them think they're crazy; playing mind games; humiliating them; making them feel guilty.

## **USING ISOLATION**

Controlling what they do, who they talk to and see, what they read, and where they go; limiting their outside involvement: using jealousy to justify actions.

**MINIMIZING** DENYING **AND BLAMING** 

Making light of the abuse and not taking their concerns seriously; saving the abuse didn't happen; shifting responsibility for the abusive behavior; saying they caused the abuse.

PHYSICAL VIOLENCE SEXUAL