

# Domestic Violence Power & Control Wheel

## Using Coercion and Threats

- Making and/or carrying out threats to something to hurt you
- Threatening to leave you, commit suicide, or report you to social services or authorities
  - Making you drop charges
  - Making you do illegal things

## Using Intimidation

- Making you afraid by using looks, actions, or gestures
- Breaking or smashing things
- Destroying property
- Abusing pets
- Displaying weapons

## Using Emotional Abuse

- Putting you down
- Calling you names
- Making you feel bad about yourself
- Making you think you are crazy
- Humiliating you
- Making you feel guilty

## Using Economic Abuse

- Taking your money
- Ruining credit or using your credit without your knowledge
- Making you ask for money
- Giving you an allowance
- Preventing you from getting or keeping a job
- Not letting you know about or have access to family income

## Using Isolation

- Controlling what you do, who you see and talk to, what you read or watch, and where you go
- Limiting your outside involvement and activities
  - Using jealousy to justify actions

## Using Societal Privilege

- Making all the big decisions
- Being the one to define roles in the relationship
- Using their status to make you feel unworthy
  - Using forms of "isms" to put you down or make you feel unsafe

## Using Children

- Making you feel guilty about the children
- Using children to relay messages
- Using visitation to harass you
- Threatening to take the children away

## Minimizing, Denying, and Blaming

- 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 or that it was your fault