# Wheel of Power and Control

**POWER** 

**AND** 

**CONTROL** 

### COERCION & THREATS

Threats promise negative consequences for certain behaviors or actions; coercion implies negative reactions or positive rewards for actions.

### ECONOMIC ABUSE

Denying or concealing information about finances; using someone's money without their permission; damaging their credit rating; giving them an allowance.

#### **PRIVILEGE**

Defining gender roles; defining what is "important"; making self-serving rules; acting like a master or God.

## USING OTHERS

Using children
to relay messages;
using custody of children
as leverage; using
someone's job, family, friends,
religion as leverage; abusing
the children.

#### **INTIMIDATION**

Making someone feel afraid by using looks, gestures, behaviors; using violence towards objects around someone; acting crazy or like "I have nothing to lose."

## EMOTIONAL ABUSE

Putting someone down, making them feel bad about themselves, playing mind games, humiliating them in public, using guilt.

#### **ISOLATION**

Controlling someone's access to resources, friends, money, birth control, medical care, etc.; using jealousy to justify actions; kidnapping.

### **DECEIT**

Denying abusive behavior; blaming someone else for abuse; lying about, concealing, withholding, or omitting information; pretending to be a victim.

—Domestic Abuse Intervention Project