Wheel of Power and Control

**POWER AND CONTROL**

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

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

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

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

**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.”

**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.

**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