Power and Control Wheel

Using Coercion and Threats
- Making and/or carrying out threats to do something to hurt her
  - Threatening to leave her, to commit suicide, to report her to welfare
  - Making her drop charges
  - Making her do illegal things

Using Intimidation
- Making her afraid by using looks, actions, gestures
- Smashing things - Destroying property
- Abusing pets - Displaying weapons

Using Economic Abuse
- Preventing her from getting or keeping a job
- Making her ask for money
- Giving her an allowance
- Taking her money
- Not letting her know about or have access to family money

Using Emotional Abuse
- Putting her down
- Making her feel bad about herself
- Calling her names
- Making her think she’s crazy
- Playing mind games
- Humiliating her
- Making her feel guilty

Using Privilege
- Treating her like a servant
- Making all the big decisions
- Acting like the “master of the castle”
- Being the one to define men’s and women’s roles

Using Isolation
- Controlling what she does, who she sees and talks to, what she reads, where she goes
- Limiting her outside involvement
- Using jealousy to justify actions

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

Minimizing Denying Blame
- Making light of the abuse and not taking her concerns about it seriously
- Saying the abuse didn’t happen
- Shifting responsibility for abusive behavior
- Saying she caused it.

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