LGBT Power and Control Wheel

HETEROSEXISM

VIOLENCE

SEXUAL

HOMOPHOBIA

Homophobia

Biophobia Transphobia

Using Coercion & Threats
Making and/or carrying out threats to do something to harm you
- Threatening to leave or commit suicide
- Driving recklessly to frighten you
- Threatening to “out” you
- Threatening others who are important to you
- Stalking

Using Economic Abuse
Preventing you from getting or keeping a job
- Making you ask for money
- Interfering with your work or education
- Using your credit cards without your permission
- Not working and requiring you to provide support
- Keeping your name off joint assets

Using Privilege
Treating you like a servant
- Making all the big decisions
- Being the one to define each partner’s roles or duties in the relationship
- Using privilege or ability to “pass” to discredit you
- Putting you in danger, cut off your access to resources, use the system against you

Using Children
Making you feel guilty about the children
- Using them to relay messages
- Threatening to take the children
- Threatening to tell your ex-spouse or authorities that you’re a lesbian, gay, bisexual or trans so they will take the children

Using Intimidation
Making you afraid by using looks, gestures, actions
- Smashing things
- Abusing pets
- Displaying weapons
- Using looks actions, gestures to reinforce homophobic, biophobic or transphobic control

Using Emotional Abuse
Putting you down
- Making you feel bad about yourself
- Calling you names
- Playing mind games
- Making you feel guilty
- Questioning if you are a “real” lesbian, “real” man, “real” woman, “real” femme, “real” butch
- Reinforcing internalized homophobia, biphobia or transphobia

Using Isolation
Controlling what you do, who you see or talk to
- Limiting your outside activities
- Using jealousy to control you
- Saying no one will believe you, especially if you’re lesbian, gay, bisexual or trans
- Not letting you anywhere alone

Denying, Minimizing & Blaming
Making light of the abuse
- Saying it didn’t happen
- Shifting responsibility for abusive behavior
- Saying it’s your fault, you deserve it
- Accusing you of “mutual abuse”
- Saying women can’t abuse women/men can’t abuse men
- Saying it’s just “fighting”, not abuse

POWER AND CONTROL

Developed by Roe & Jagodinski

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