## Power and Control Wheel

## Physical VIOLENCE Sexual Using Coercion & Threats Making and/or carrying out **Using Intimidation** threats to do something to Making you afraid by using looks, harm you\*threatening to gestures, actions★smashing things leave or commit suicide★ ★abusing pets ★displaying weapons driving recklessly to frighten \*using looks, actions, gestures to you \*threatening others who reinforce control\*standing in front are important to you★ of the door or exit stalking **Using Economic Abuse Using Emotional Abuse** Preventing you from getting or Putting you down ★ making you keeping a job\*making you ask for feel bad about yourself ★ calling money ★interfering with work or you names \*playing mind games education ★taking your credit cards ★making you feel guilty ★ without permission ★not working and humiliating you \*questioning requiring you to provide support ★ your identity ★ reinforcing Power keeping your name off joint assets internalized phobias and isms **&**z **Using Privilege Using Isolation** Control Treating you like a servant ★ making Controlling what you do, who all the "big" decisions ★being the you see or talk to ★limiting your one to define the roles or duties in outside activities ★ making you the relationship\*using privilege or account for your whereabouts★ ability discredit you, cut off access saying no one will believe you★ to resources or use the system not letting you go anywhere against you\*knowing alone "what's best" for you Denying, **Using Children** Minimizing, Blaming Making you fell guilty about Making light of abuse ★ saying the children \*using children to it didn't happen★shifting relay messages \*threatening responsibility \* saying it's your to take the children \*telling fault, you deserved it★ you that you have no parental accusing you of "mutual rights ★ threatening to tell abuse"★saying it's just your ex or the authorities to fighting, not abuse ★accusing take your children you of "making" them abuse you Physical VIOLENCE Sexua