**Power and Control Wheel**

Physical and sexual assaults, or threats to commit them, are the most obvious forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, a larger system of abuse includes regular use of other abusive behaviors by the batterer. Although physical and sexual abuse may occur occasionally or not at all, the threat of future attacks allow the abuser to take and maintain control over his/her partner. The tactics listed here are by no means an all-inclusive list, and individuals will experience these tactics differently depending on who they are.

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**Emotional Abuse**
- Putting you down or calling you names
- Ridiculing your values or spirituality
- Humiliating you
- Convincing you that you will not be believed or supported because of your diversity

**Economic Abuse**
- Preventing you from getting or keeping a job
- Damaging your credit rating
- Making you ask for money
- Concealing or denying information about finances
- Keeping your name off joint assets
- Making you turn over your paycheck or Social Security check

**Using Others**
- Using children to relay messages
- Using custody or visitation of children to harass you
- Using your job, family, friends, or religion as leverage
- Abusing the children or threatening to kidnap them

**Using Isolation**
- Controlling who you see and talk to
- Limiting your access to education
- Not allowing you to learn English
- Keeping control of your passport and documentation
- Using jealousy to justify isolation
- Forbidding you to practice your religion
- Abusing your dependencies or disabilities

**Coercion and Threats**
- Making and/or carrying out threats to hurt you
- Threatening to leave, commit suicide, or report you to INS or welfare agency
- Making you drop charges
- Making you do illegal things
- Threatening to "out" you
- Threatening to report you if you "work under the table"

**Abuse of "Privilege"**
- Being the one to define gender roles
- Controlling the decision making process
- Treating you as an inferior or servant
- Using privilege or ability to "pass" to discredit you, put you in danger, cut off your access to resources, or use the system against you

**Using Obfuscation**
- Denying or making light of the existence, severity, or impact of the abuse
- Saying it’s “fighting”, not abuse
- Shifting responsibility for abuse or accusing you of “mutual abuse”
- Using intoxication as an excuse
- Lying or concealing information to gain advantage
- Pretending to be the victim to gain support

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24-Hour Crisis Hotline (248) 334-1274  Toll Free (877) 922-1274
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