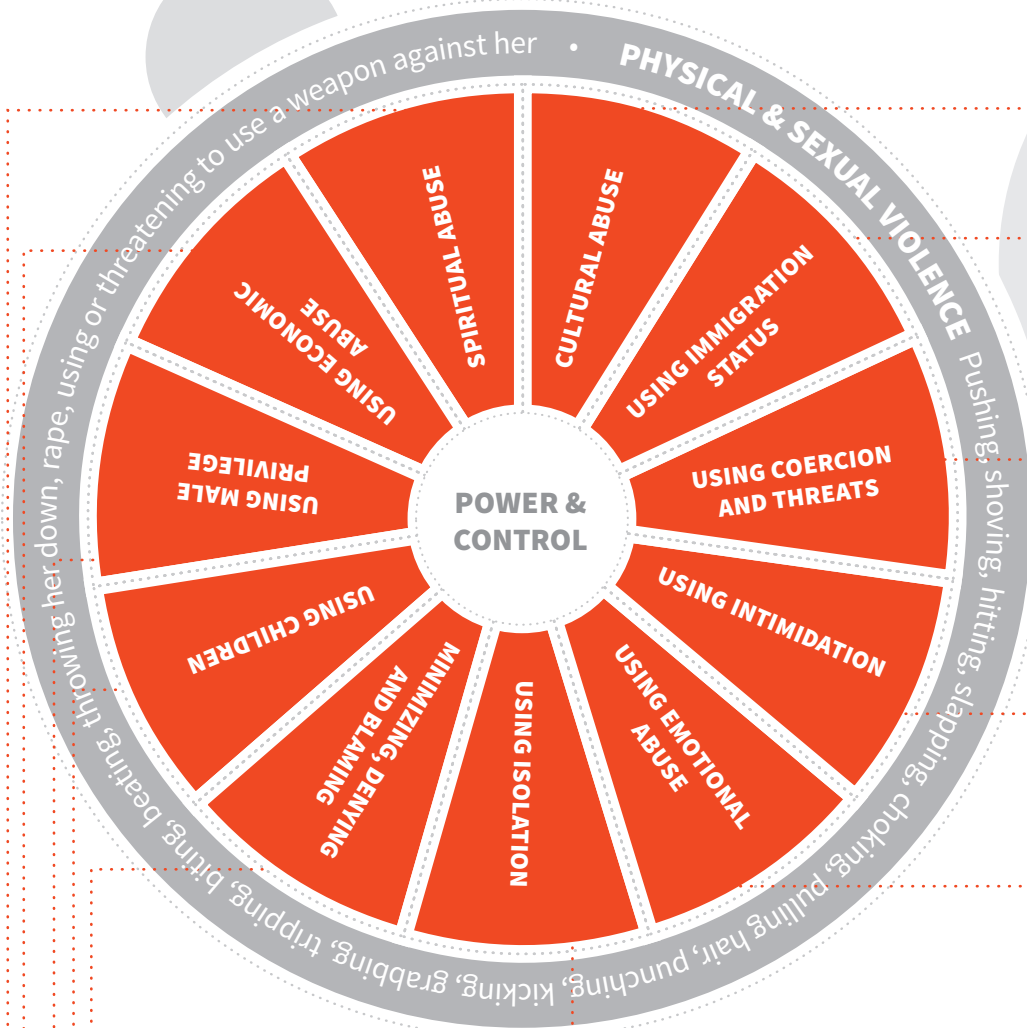


# POWER & CONTROL

Adapted from original wheel by: Domestic Abuse Intervention Project  
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**Domestic Violence** is a pattern of controlling behavior used to maintain power in a relationship by one partner over the other. While each case is unique, abusers use a range of abusive behavior to control their partners, including: physical, emotional, psychological, sexual, financial and spiritual abuse. Isolation from friends and family, using children as bargaining tools, and threatening deportation and/or using a victim's legal status as a means to keep her in an abusive relationship are also common patterns that abusers utilize in domestic violence relationships.

Often, it is difficult to identify various forms of abuse, particularly when they are indirect or not as obvious as physical and/or sexual violence. Use this wheel below to learn about the many forms of domestic violence.

**CULTURAL ABUSE**

Acceptance of in-law abuse (physical, emotional, and financial) • Using cultural norms as a tool to limit physical movement, justify beating, demand subservience • Limit role of woman to wife and mother and prevent her from working • Prevent her from possibly remarrying by accusing her of adultery as a way to impact her honor and/or chastity

**USING IMMIGRATION STATUS**

Threatening to deport her and/or her children, report her to INS, not fill out her paper work to file for citizenship/ permanent status • Intentionally withdrawing paperwork once it's been filed to jeopardize her legal status • Not allowing her to learn English • Isolating her from anyone that speaks her language

**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 her property • Abusing pets • Displaying weapons

**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

**MINIMIZING, DENYING AND BLAMING**

Making light of the abuse and not taking it her concerns about it seriously • Saying the abuse didn't happen shifting responsibility for abusive behavior • Saying she caused it

**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

**USING MALE 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 ECONOMIC ABUSE**

Preventing her from getting or keeping a job • Making her ask for money • Giving her/him an allowance • Taking her money • Not letting her know about or have access to family income

**SPIRITUAL ABUSE**

Manipulating religious texts to demand obedience, justify beating, limiting physical movement • Coercing partner to have sex by citing it is a God-given right for husbands.

**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