# POWER AND CONTROL WHEEL

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

he Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

## VIOLENCE

**POWER** 

AND

CONTROL

physical COERCION AND THREATS:

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

INTIMIDATION:

Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

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

**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 income.

**EMOTIONAL ABUSE:** 

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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.

ISOLATION:

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

USING CHILDREN:

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

MINIMIZING, DENYING, AND BLAMING:

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.

VIOLENCE

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## Control Log

### MEN'S NONVIOLENCE CLASSES

1. ACTIONS: Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).
2. INTENTS: What did you want to happen in this situation?
3. BELIEFS: What beliefs do you have that support your actions and intents?
4. FEELINGS: What feelings were you having?
5. MINIMIZATION, DENIAL, AND BLAME: In what ways did you minimize or deny your actions or blame he
6. EFFECTS: What was the impact of your action? On you
On her
On others
8. NON-CONTROLLING BEHAVIORS: What could you have done differently?

# EQUALITY WHEEL

# MONVIOLENCE

## NEGOTIATION AND FAIRNESS:

Seeking mutually satisfying resolutions to conflict. Accepting changes. Being willing to compromise.

## NON-THREATENING BEHAVIOR:

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

#### ECONOMIC PARTNERSHIP:

Making money decisions together. Making sure both partners benefit from financial arrangements.

#### RESPECT:

Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her opinions.

#### SHARED RESPONSIBILITY:

Mutually agreeing on a fair distribution of work. Making family decisions together.

#### TRUST AND SUPPORT:

Supporting her goals in life. Respecting her right to her own feelings, friends, activities, and opinions.

## RESPONSIBLE PARENTING:

Sharing parental responsibilities. Being a positive, nonviolent role model for the children.

## HONESTY AND ACCOUNTABILITY:

Accepting responsibility for self. Acknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully.

NONVIOLENCE

EQUALITY

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## **Equality Log**

### MEN'S NONVIOLENCE CLASSES

1.	ACTIONS: What are the actions (statements, gestures, tone of voice, physical contact or presence, facial expressions) you use to demonstrate equality (respect, trust and support, etc.) with your partner?
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z. —	INTENTS: What do you want to happen when you act this way?
3.	BELIEFS: What beliefs do you have that support your actions and intents?
	EFFECTS: What is the impact when you choose to act this way?  On you  On her  On others
	PAST VIOLENCE: How does your past use of violence impact your efforts to have an equal partnership?