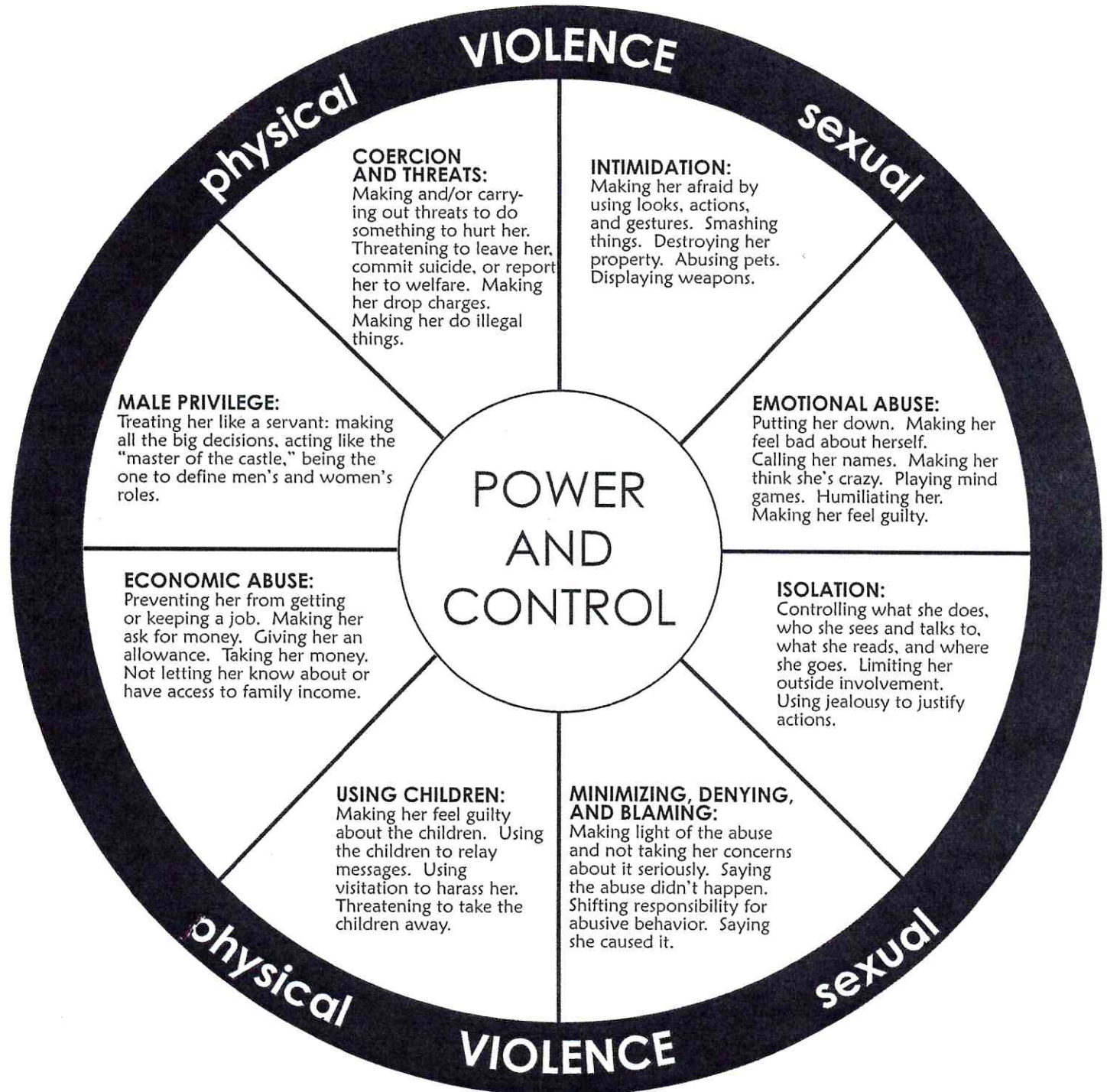


POWER AND CONTROL WHEEL

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.

The 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.



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 her?

6. **EFFECTS:** What was the impact of your action?

On you _____

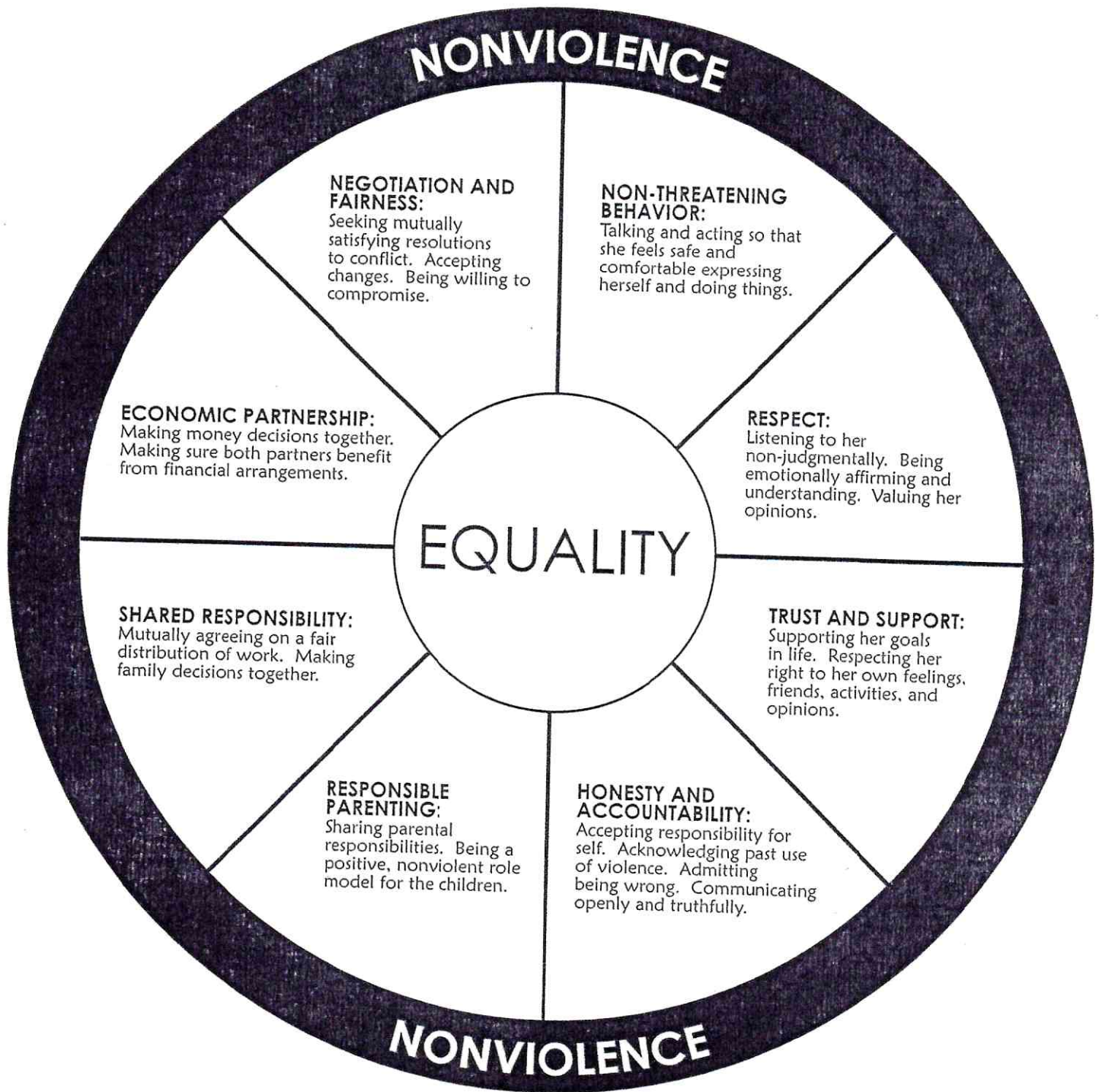
On her _____

On others _____

7. **PAST VIOLENCE:** How did your past use of violence affect this situation?

8. **NON-CONTROLLING BEHAVIORS:** What could you have done differently?

EQUALITY WHEEL



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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?

2. **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?

4. **EFFECTS:** What is the impact when you choose to act this way?

On you _____

On her _____

On others _____

5. **PAST VIOLENCE:** How does your past use of violence impact your efforts to have an equal partnership?
