

For Domestic Violence Awareness

This wheel was created as a conceptual tool by a diverse group of women to help see patterns in controlling behavior and their significance. This wheel shares the lived experiences of what often occurs in an abusive relationship and how abusers may establish control. May it assist you or a loved one to become empowered. You deserve all the love, light, and happiness life has to offer. You are love! Shine. shine!

Using Using

Making and/or carrying out threats to hurt her, to leave her, to commit suicide, to report her, making her drop charges and/or do

illegal things

Power

and

Control

Coercion & Threats Intimidation

Making her afraid through looks, actions, gestures, smashing things, destroying her property, abusing pets, or displaying weapons.

Usina **Emotional Abuse**

Put-downs, making her feel bad about herself, calling her names, making her think she's crazy, playing mind games, humiliating her, making her feel guilty, gaslighting.

Economic Abuse

Using

Preventing her from having a job, making her ask for money, giving her allowance, taking her money, not letting her know about or have access to family income.

Using Male Privilege

Treating her like a servant, making all the big decisions, acting like the "master", being the one to define roles.

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.

Minimizing, Denying, and Blaming

Making light of abuse and not taking her concerns seriously, saying abuse doesn't happen, shifting responsibility for abusive behavior, saying she caused it.

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.

Color adaption approved by the DOMESTIC ABUSE INTERVENTION PROGRAMS 202 East Superior Street Duluth, Minnesota 55802 218-722-2781 www.theduluthmodel.org