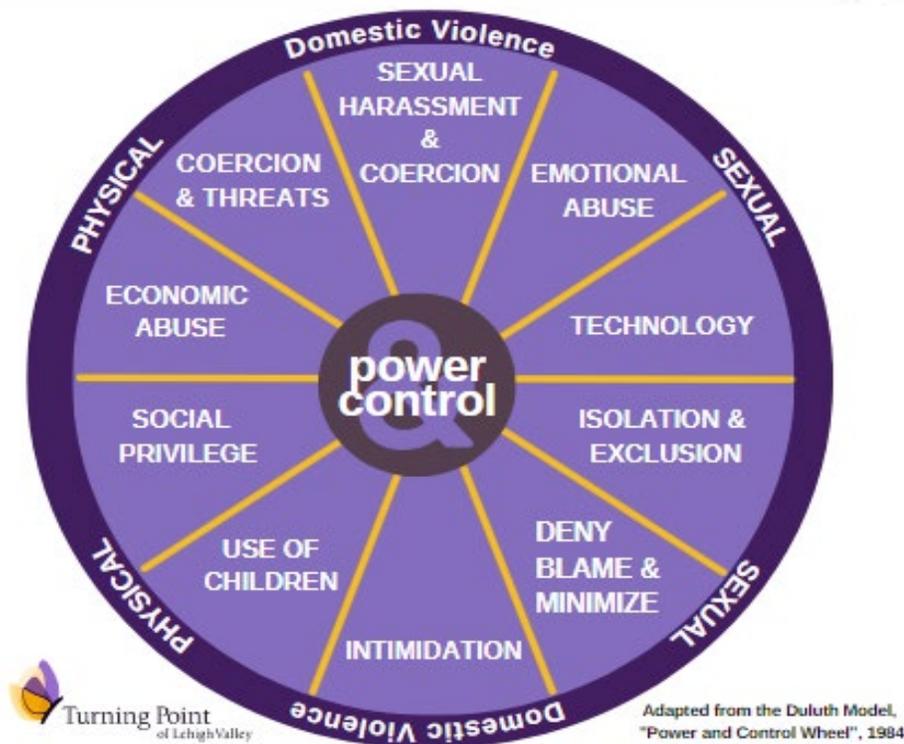


Power & Control Wheel



This diagram serves as a visual image of the different forms of abusive behaviors that the abusive partner may use to keep the other individual under their power and control. The inside of the diagram depicts many of the continual abusive behaviors a survivor might experience, while the outer ring represents physical and sexual abuse.

Abusive actions like those shown in the outer ring typically occur to reinforce the more consistent use of the tactics from the inner ring. It is important to note that each survivor's experience will be unique and each situation will be different. Ultimately, it comes down to the imbalanced power and control dynamics at the center of the abuse that is occurring.

Some examples of each category may include:

Sexual Harassment & Coercion	<ul style="list-style-type: none"> – Manipulating to get sex or sexual activity – Getting someone drunk or drugged to get sex – Destroying or refusing to use birth control or STD/STI protections during sexual activity – Making sexual comments, giving inappropriate looks, or telling sexual jokes – Sexually touching, grabbing, rubbing, or pinching someone without their consent
Emotional Abuse	<ul style="list-style-type: none"> – Name calling – Playing mind games

	<ul style="list-style-type: none"> - Humiliating someone - Making someone feel insecure - Telling lies or sharing private info about someone to others
Technology	<ul style="list-style-type: none"> - Sending unwanted texts - Breaking into someone's social networking profiles, emails, or cell phone - Pressuring someone to take, send, or look at sexual photos or pictures
Isolation & Exclusion	<ul style="list-style-type: none"> - Controlling what someone does or where they go - Deciding who someone sees, talks to, or what they wear - Limiting outside involvement - Pressuring someone to be part of a group - Isolating someone from friends, family, or their support system
Denying, Blaming, Minimizing	<ul style="list-style-type: none"> - Minimizing the impact of abuse - Not taking concerns about abuse seriously - Saying the abuse didn't happen - Blaming abusive behavior on stress, alcohol, drugs, or jealousy - Saying the survivor caused the abuse
Intimidation	<ul style="list-style-type: none"> - Making someone afraid by using looks, actions, or gestures - Smashing, destroying, or stealing property - Abusing pets or loved ones - Displaying weapons
Use of Children	<ul style="list-style-type: none"> - Making the survivor feel guilty about the children - Using the children to relay messages - Using visitation to harass them - Threatening to take the children away
Social Privilege	<ul style="list-style-type: none"> - Using popularity, class, race, gender, sexual orientation, or dis/ability to manipulate someone else - Making all the decisions for someone - Being the only one to define roles in the relationship
Economic Abuse	<ul style="list-style-type: none"> - Preventing the survivor from getting or keeping a job - Making them ask for money - Giving them an allowance - Taking their money - Not letting them know about or have access to family income
Coercion & Threats	<ul style="list-style-type: none"> - Making threats to use physical or sexual violence - Threatening to leave, to commit suicide, or to report someone to police - Making someone do illegal things - Threatening to expose someone's HIV status, immigration status, medical records, or other private information.