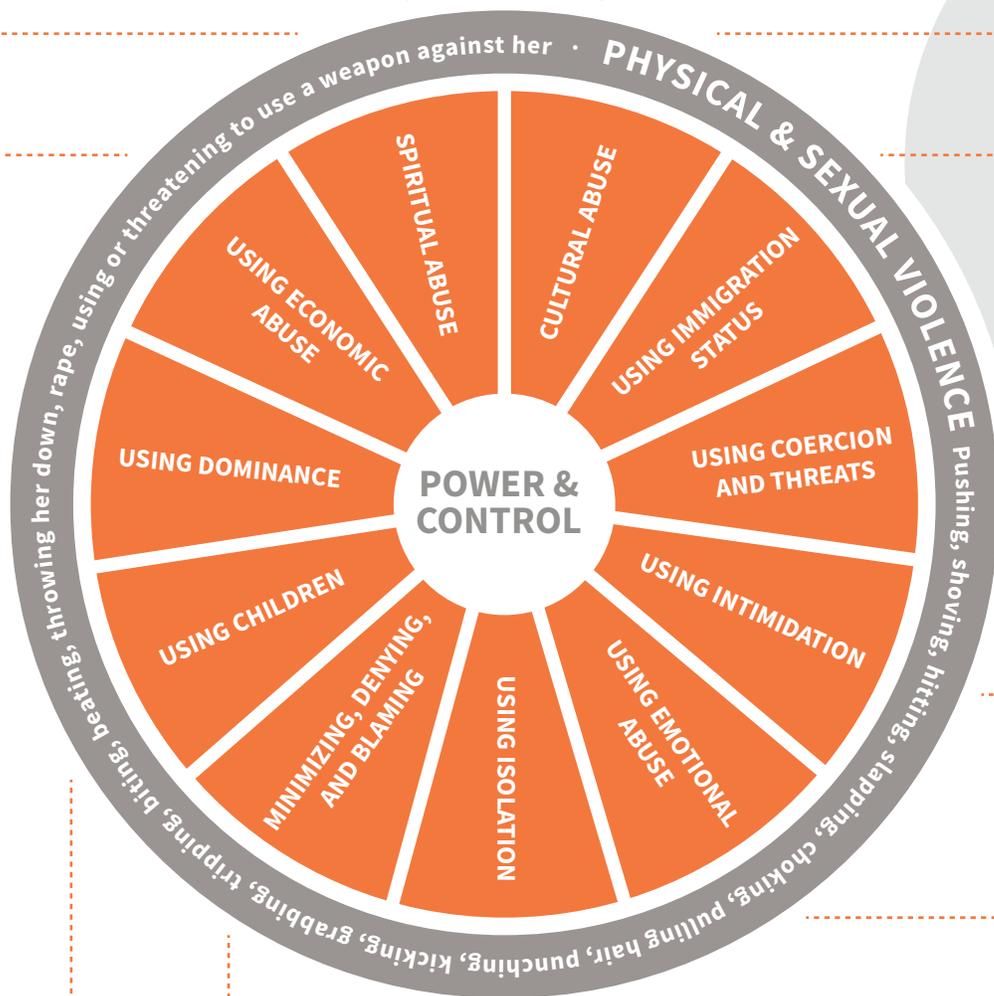


POWER & CONTROL

Adapted from original wheel by Domestic Abuse Intervention Project: theduluthmodel.org



Domestic Violence is a pattern of controlling behavior used to maintain power in a relationship by one partner over the other. While women are disproportionately victims, men are also victim of domestic violence. While each case is unique, abusers use a range of abusive behavior to control their patterns 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 of domestic violence abuse.

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 to learn about the main 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 paperwork 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, or to commit suicide · Making her drop charges · Making her do illegal things · Threats to out you

USING INTIMIDATION

Making her afraid through 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

USING DOMINANCE

Abuse of privilege hierarchy · 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/keeping a job · Making her ask for money · Blaming her for any financial gaps · Taking her money · Limit or remove 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

MINIMIZING, DENYING, AND BLAMING

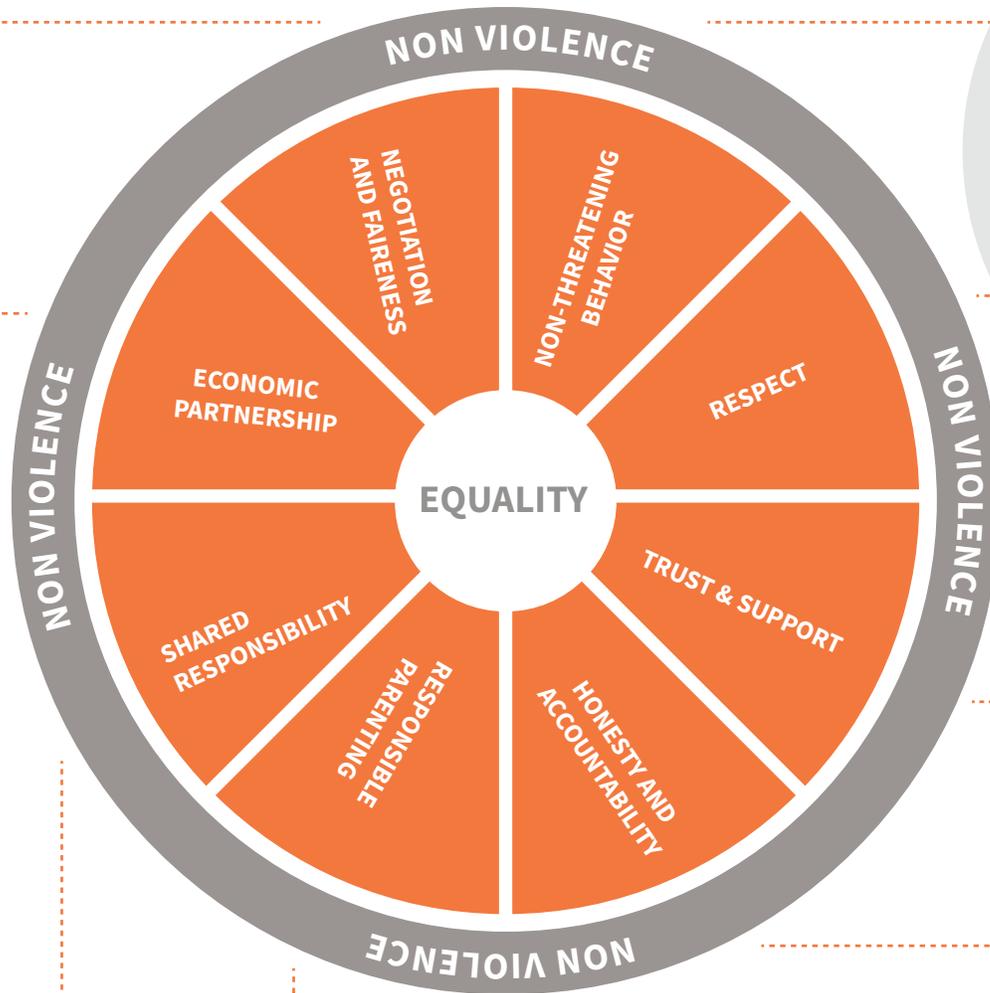
Making light of the abuse and not taking her concerns about it seriously · Saying the abuse didn't happen shifting responsibility for abusive behavior · Saying she caused it

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

HEALTHY RELATIONSHIP

Adapted from original wheel by Domestic Abuse Intervention Project
202 E Superior St Duluth, MN 55802 | 218-722-2781 | theduluthmodel.org



The Equality Wheel is what a healthy relationship would look like, one based on respect, trust, and nonviolence. For instance, instead of using coercion and threats, a partner would resolve conflict or disagreement based on negotiation and fairness.

ECONOMIC PARTNERSHIP
Making money decisions together · making sure both partners benefit from financial arrangements.

NEGOTIATION AND FAIRNESS
Seeking mutually satisfying resolutions to conflict · accepting change · being willing to compromise.

RESPONSIBLE PARENTING
Sharing parenting responsibilities · being a positive non violence role model for the children.

SHARED RESPONSIBILITY
Mutually agreeing on a fair distribution of work · making family decisions together.

NON-THREATENING BEHAVIOR
Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT
Listening to her non-judgmentally · being emotionally affirming and understanding · valuing opinions.

TRUST AND SUPPORT
supporting her goals in life · respecting her right to her own feelings, friends, activities, and opinions.

HONESTY AND ACCOUNTABILITY
Accepting responsibility for self · acknowledging past use of violence · admitting being wrong · communicating openly and truthfully.