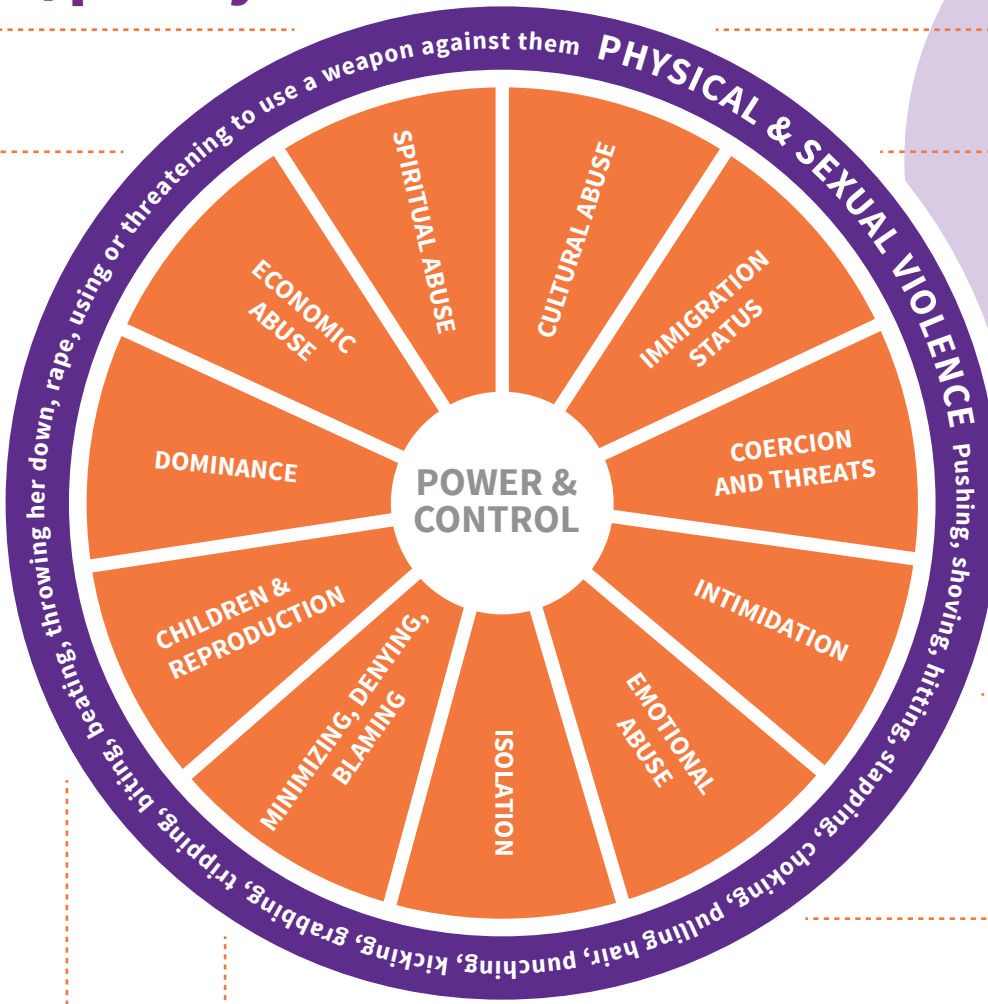


POWER & CONTROL

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.

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) · Use cultural norms as a tool to limit physical movement, justify beating, or demand subservience · Limit role of woman to “wife” and “mother” and prevent her from working · Prevent partner from possibly remarrying by accusations of adultery to impact her honor and/or chastity

USING IMMIGRATION STATUS

Threaten deportation of her and/or her children, report to INS, not fill out their paperwork to file for citizenship/permanent status · Intentionally withdraw paperwork once it’s been filed to jeopardize legal status · Not allow partner to learn English · Isolation from anyone that speaks their language

COERCION & THREATS

Make and/or carry out threats to do something to harm · Threaten to leave or to commit suicide · Make partner drop charges or do illegal things · Threats to out their partner

INTIMIDATION

Make partner afraid through looks, actions, gestures · Smash things · Destroy property · Abuse pets · Display weapons

EMOTIONAL ABUSE

Put them down · Make them feel bad about themselves or feel crazy · Name calling · Play mind games · Humiliation · Make partner feel guilty

DOMINANCE

Abuse of privilege hierarchy · Treat them like a servant · Make all the big decisions · Act like the “master of the castle” · Be the only one to define partner roles

ECONOMIC ABUSE

Prevent them from getting/keeping a job · Make them ask for money · Blame for any financial gaps · Take their money · Limit or remove access to family income

SPIRITUAL ABUSE

Manipulate religious texts to demand obedience, justify beating, or limit physical movement · Coerce partner to have sex by citing it is a God-given right

ISOLATION

Control what they do or who they see and talk to · Control what they read or where they go · Limit outside involvement · Use jealousy to justify actions

MINIMIZING, DENYING, BLAMING

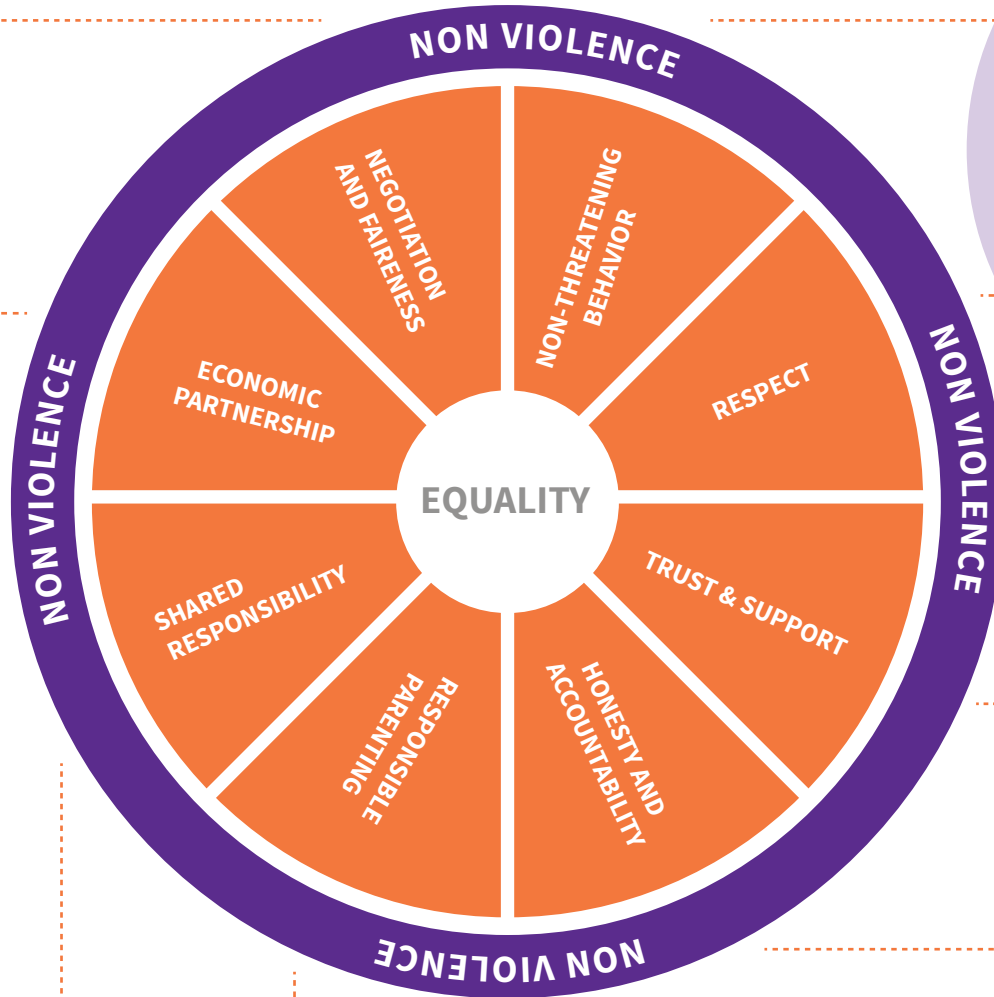
Make light of the abuse and not take concerns seriously · Say the abuse didn’t happen · Shift responsibility for abusive behavior · Say they caused it

CHILDREN & REPRODUCTION

Make them feel guilty about the children · Use the children to relay messages · Use visitation to harass · Threaten to take the children away · Sabotage birth control · Force pregnancies to impact work or to limit freedom

HEALTHY RELATIONSHIP

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



The Healthy Relationship Wheel provides aspects of 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 conflicts or disagreements based on negotiation and fairness.

NON-THREATENING BEHAVIOR

Talking and acting so your partner feels safe and comfortable expressing themselves and doing things

RESPECT

Listening non-judgmentally · being emotionally affirming and understanding · valuing opinions or personal beliefs · respecting bodily autonomy and consent

TRUST AND SUPPORT

Supporting their goals in life · respecting their right to their 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

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-violent role model · making family planning decisions collaboratively

SHARED RESPONSIBILITY

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