The Power and Control Wheel gives an example of how abusers can use power and control to manipulate and abuse their victims.

Using Economic Abuse
Preventing her from getting or keeping a job, making her ask for money, giving her an allowance, taking her money, not letting her have access to family income.

Using Coercion and Threats
Threatens to do something to hurt her, threatens to commit suicide, to report her to welfare, making her drop charges, making the victim do illegal things.

Using Emotional Abuse
Putting her/him down, making her/him feel bad, calling the victim names, implying that she/he is crazy, playing mind games, using humiliation imposing guilt.

Using Male Privilege
Treating the victim like a servant, making all the decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.

Using Children
Making the victim feel guilty about the children, using children to relay messages, manipulating the children to be on “his side,” threatening to harm the children.

Using 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, saying the victim caused it.

Using Isolation
Controlling what the victim does, who she sees and talks to, what she reads, where she goes, limiting her outside involvement, using jealousy to “justify.”

Using Intimidation
Making her afraid by using looks, actions, gestures, smashing things, destroying her property, abusing pets, displaying weapons.

Using Emotionally Abuse
Putting her/him down, making her/him feel bad, calling the victim names, implying that she/he is crazy, playing mind games, using humiliation imposing guilt.

Adapted from: http://www.duluth-model.org/documents/PhyVio.pdf

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