POWER AND CONTROL WHEEL

The outside of this wheel shows the types of domestic violence and the inside shows the ways an abuser maintains power and control over you. This pattern overshadows all aspects of your life.

**INTIMIDATION**
Making you afraid by using looks, actions, gestures, smashing things, destroying property, abusing pets, displaying weapons.

**STALKING**
Following you; public confrontation; remaining on your property. Repeatedly contacting or threatening you by email, text message or social networking, monitoring your computer use.

**USING PRIVILEGE**
Treating you like a servant. Making all the “big” decisions. Acting like the master of the castle.

**USING CHILDREN**
Taking or threatening to take the children away. Using visitation as a way to harass you. Telling children negative things about you. Destroying the children’s respect for you. Put down your parenting skills.

**FINANCIAL CONTROL**
Preventing you from getting or keeping a job. Taking your money or not letting you have access to family income.

**MINIMIZING DENYING BLAMING**

**COERSSIVE AND THREATS**
Making and carrying out threats to hurt you. Threatening to leave you; to commit suicide; to report you to welfare; making you do illegal things.

**ISOLATION**
Controlling what you do, who you see and talk to; what you wear; what you read; where you go; limiting your outside involvement. Using jealousy to justify actions.