

Power and Control Wheel
14 Forms of Domestic Violence

Power:

- Creates chaos and conflict by turning people against each other, misrepresenting situations
- Twists past events to gain control
- Credit hog- acts like they get everything done, doesn't give healthy credit where it's due
- Delusions of grandeur, believes they are smarter/wiser/stronger/richer/more powerful than they are
- Refuses to get counseling, refuses to allow spouse to get counseling
- Projecting addictions as spouse's fault without taking responsibility
- Racist/elitist- diminishes/ridicules culture, color, gender, age, status- believes own identity is superior
- Obsessed with being "respected", may get aggressive to peers/children/elderly if acting with "disrespect"
- Entitled, act as if they're better than others, others should give way to their preferences, others should take care of their needs

Verbal:

- Using sarcasm to put you down
- Cutting you off in conversation
- Calling you names, Swearing at you
- Yelling or screaming
- Being condescending, Insulting you
- Body shaming you
- Telling you to be quiet around other people
- Telling you not to talk with others about issues

Children:

- Threats to harm or remove children
- Not paying child support
- Using kids as leverage
- Belittling you in front of kids
- Using kids to keep you silent
- Abusing children

Culture:

- Culture as excuse for mistreatment
- Putting down your culture
- Forcing you to embrace their culture
- Isolating you from mainstream culture
- Using culture to keep you silent
- Using language barrier to isolate
- Using other language to shut you out

Emotional:

- Invalidating your feelings
- Guilt to manipulate, teasing, threats
- Blame you for everything
- Acting jealous (calling it protective)

Emotional continued:

- Denying affection
- Waking you up from sleep
- Stalking
- Silent treatment

Financial:

- Limiting access to money
- Not sharing accounts
- Must know every penny spent
- Making you ask for money
- Making all \$\$ decisions
- Controlling income
- Closing accounts
- Not paying child support
- Creating debt
- Calling welfare
- Hiding cash

Intellectual:

- "You're crazy"
- "You're so over-sensitive"
- Manipulating information/facts
- Attacking your ideas
- Devaluing opinions
- Playing head games
- Demanding perfection
- Making you prove everything
- Insulting your education
- Shaming your tastes
- Dumbing you down

Pets & Property:

- Hurting pets
- Destroying property
- Breaking or smashing things
- Punching walls, Slamming doors
- Damaging your car
- Confiscating your keys
- Keeping your ID or Driver's License
- Controlling access to GPS/computers/phones
- Selling items without telling you
- Threats to do any of these

Physical:

- Driving too fast or reckless
- Slap/hit/kick/punch/bite/pinch
- Intimidating actions/gestures
- Restrain or choking
- Spitting on you
- Throwing things at you
- Using items other than hands to hurt you
- Locking you out of the house
- Making you sleep outside or depriving you of sleep
- Blocking exits, not letting you leave
- Controlling what you can wear/how you do your hair

Psychological:

- Saying things then later denying it (gaslighting)
- Intimidating you with words/gestures/actions
- Displaying weapons
- Threatening suicide
- Threatening to hurt/kill
- Minimizing action/threat after the fact
- Saying you misunderstood or made something up
- Controlling your food
- Dictating what you eat

Sexual:

- Forcing sex
- Sexual put-downs
- Criticizing your body
- Demanding sex as payment

Sexual Continued:

- Demanding you use pornography
- Withholding sex
- Comparing your sexuality to others
- Having an affair
- Threatening to have an affair
- Sexually abusing others

Social:

- Isolating you from friends and/or family
- Monitoring you phone calls
- Monitoring your emails/social media
- Monitoring the mileage on your car
- Controlling who you see or talk to
- Controlling your ability to work
- Controlling your access to education
- Keeping you at home

Spiritual:

- Soul-destroying behaviors
- Using scripture or texts to excuse abusive behavior
- Twisting scripture to gain power
- Putting beliefs down
- Isolating you from faith community or making place of worship unsafe
- Using place of worship to gain advantage
- Refusing to get counseling
- Dictating who you see for counseling
- Silencing you with religious texts

Reproductive:

- Restricting access to preferred method of birth control
- Cutting a hole in a condom
- Tampering with birth control methods like hiding birth control pills
- Forcing you to get an abortion
- Making you keep a pregnancy against your wishes

Digital:

- Pressure the other to send photos of themselves when they don't want to
- Control or delete social media accounts
- Look through their phone without permission
- Constantly check in through digital means