

The Power and Control Wheel



Originally developed to describe male-to-female domestic violence, this graphic is commonly used to define what abuse is, and what it isn't.

Are any of these dynamics occurring in your close relationships? Check any that apply, and add notes about specifics in your relationship.

___ USING INTIMIDATION (often physical)

___ USING EMOTIONAL ABUSE (often verbal)

___ USING ISOLATION

___ MINIMIZING, DENYING, AND BLAMING

___ USING CHILDREN

___ USING GENDER PRIVILEGE

___ USING ECONOMIC ABUSE

___ USING COERCION AND THREATS