Domestic Violence is a pattern of behaviors and coercive tactics perpetrated against an intimate partner with the goal of establishing and maintaining **POWER AND CONTROL** over them.

### Physical Abuse*
- Hitting; Kicking; Punching; Pushing;
- Biting; Strangling ("choking")

### Sexual Abuse*
- Behaving or speaking to partner in a sexual manner without consent;
- Making/sharing sexual images without consent;
- Forced sex labor;
- Reproductive coercion (forced pregnancy or termination of pregnancy, interference with birth control/STD protection.)

### Threats, Coercion, Intimidation
- Using looks, actions, or gestures to cause fear;
- Threatening suicide or homicide

### Using Children and Pets
- Threatening to harm, kill, or seek custody of children or pets;
- Using legal system to harass and stalk;
- Using attendance at school and community events to remain connected to the victim

### Spiritual Abuse
- Misusing spiritual texts to justify abuse;
- Coercing partner submit to abuse as a form of spiritual obedience

### Technology Abuse
- Controlling and sabotaging partner’s social media access;
- Using tracking devices to monitor partner;
- Sharing partner’s information without consent

### Cultural Abuse
- Using victim’s cultural beliefs to coerce them into marriage or pregnancy and prevent them from staying connected to country of origin

### Emotional/Psychological Abuse
- Name-calling and put-downs;
- Playing "mind games" ("Gaslighting");
- Humiliation

### Blame, Denial and Minimization
- Insisting that the abuse is the partner’s fault;
- Stating that the abuse never happened;
- Admitting but making light of the abusive behavior

### Economic Abuse
- Preventing partner from working;
- Taking partner’s income or giving “allowance”;
- Restricting access to family finances;
- Ruining partner’s credit;
- Controlling resources (gasoline, phone, food, medication)

### Dominance/Privilege
- Using partner’s gender identity, sexual orientation, economic status, age, ability, race, cultural identity and any other personal characteristics or protected class status to control them

### Isolation
- Controlling access to people and places;
- Monitoring conversations;
- Convincing partner that they have no one to turn to

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*Tactics that most frequently result in criminal charges.*

While this wheel demonstrates some of the most common systemic, social, and spiritual, and cultural tactics of power and control, it does not reflect every abused individual’s highly individualized experience.