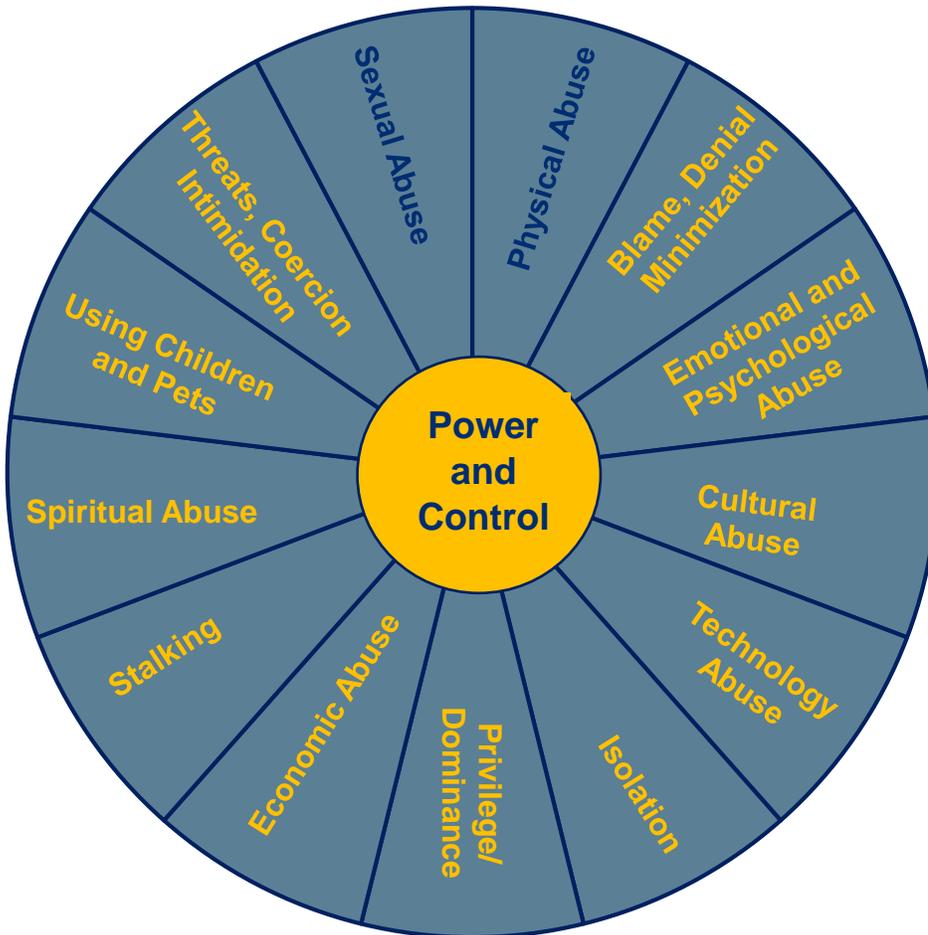


# Power and Control

Adapted from original wheel by Domestic Abuse Intervention Project: [theduluthmodel.org](http://theduluthmodel.org)

**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 the 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

### Stalking

Physically tracking/following victim with intent to cause fear and/or harm; Contacting victim through unwanted phone calls, electronic messages, and third parties

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### 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

\*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.*