

DYNAMICS OF POWER AND CONTROL

USING EMOTIONAL ABUSE

- putting her down
- making her feel bad about herself
- calling her names
- making her think she's crazy
- humiliating her
- making her feel guilty

USING ISOLATION

- controlling what she does, who she sees and talks to, what she reads, where she goes
- limiting her outside involvement
- using jealousy to justify actions

MINIMIZING, DENYING, AND BLAMING

- making light of the abuse and not taking her concerns about it seriously
- saying the abuse didn't happen
- shifting responsibility for abusive behavior
- saying she caused it

USING CHILDREN

- making her feel guilty about the children
- using the children to relay messages
- using visitation to harass her
- threatening to take the children away

USING MALE PRIVILEGE

- treating her like a servant
- making all the big decisions
- acting like the "master of the castle"
- being the one to define men's and women's roles

USING ECONOMIC ABUSE

- preventing her from getting or keeping a job
- making her ask for money
- giving her an allowance
- taking her money
- not letting her know about or have access to family income

USING COERCION AND THREATS

- making and/or carrying out threats to do something to hurt her
- threatening to leave her, to commit suicide, to report her to the authorities
- making her drop charges
- making her do illegal things

USING INTIMIDATION

- making her afraid by using looks, actions, gestures
- smashing things
- destroying her property
- abusing pets
- displaying weapons
- breaking the phone

WHEEL OF POWER AND CONTROL



CYCLE OF DOMESTIC VIOLENCE



violence emotional psychological economic sexual physical abuse

