# POWER & CONTROL WHEEL

### PEER PRESSURE

Threatening to expose someone's weakness or secrets. Spreading rumors or lies to their peer group. Pressuring another how to look, dress or act. Pressuring someone to partake in illegal activities.

### **ISOLATION**

Controls what someone does, who they see, where they go, or who they talk with. Shows overly jealous behavior. Tries to limit outside involvement with friends, family or activities. Does not respect someone's personal privacy. Monitors someone's cell phone/texts & social media.

#### ROMANTIC PRESSURE

Threats, or manipulation to gain intimacy. Guilt-tripping someone for not wanting sex.

Planning a pregnancy to prevent a breakup. Getting someone drunk or drugged for sex. Using sex to stop a partner from leaving.

Justifying harmful behavior by calling it love.

### THREATS-HARM

Making and or carrying out threats to do something to hurt another. Threatening to leave or commit suicide, or to report someone to the police. Trying to force another to drop charges by using fear tactics.

## ANGER/EMOTIONAL ABUSE

Putting another person down.
Name calling, yelling & physical violence. Playing mind games, making someone think they are crazy. Humiliating someone, causing embarrassment and shame.

#### **USING SOCIAL STATUS**

Treating someone like a servant.

Making all the decisions in the relationship. Defining male and female roles or expectations in the relationship. Stating the victim would be nothing without them.

### INTIMIDATION

Using aggressive looks, actions or gestures. Smashing things or destroying property. Using fear tactics such as displaying weapons. Abusing animals to demonstrate control. Bullying someone to make them feel powerless in the relationship.



### MINIMIZE-DENY-BLAME

Making light about the abuse and not taking concerns about it seriously. Saying the abuse didn't happen.
Shifting responsibility for the abusive behavior. Stating the victim caused the abuse to happen.