Power & Control Wheel

PHYSICAL VIOLENCE SEXUAL

Making her/him a

Making and/or carrying out threats to do something to hurt her/him • threatening to leave her/him, to commit suicide, to report her/him to welfare • makeing her/him drop charges • making her/him, do illegal things

Using Coercion

and Threats

Using Intimidation

Making her/him afraid by using looks, actions, gestures • smashing things destroying her/his property • abusing pets• displaying weapons

Using Emotional Abuse

Putting her/him down • making her/him feel about bad about herself/himself • calling her/him names, making her/him think she's/he's crazy playing mind games • humiliating her/him making her feel guilty

Using Economic Abuse

Preventing her/him from getting or keeping a job • making her/him ask for money • giving her/him an allowance • taking her/his money • not letting her/him know about or access to family income

POWER AND CONTROL

Using Isolation

Controlling what she/he does, who she/he see and talks to, what she/he reads, where she/he goes • limiting her/his outside involvement • using jealousy to justify actions

Using Male Privilege

Treating her/him 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 Children

Making her/him feel guilty about the children • using the children to relay messages • using the visitation to harass her/him • threatening to take the children away

Minimizing, Denying and Blaming

Making the light of the abuse and not taking her/his concerns about it seriously saying the abuse didn't happen shifting reponsibility for abusive behavior saying she/he caused it

PHYSICAL VIOLENCE SEXUAL

Cycle of Violence Wheel

TENSION BUILDING ACUTE EXPLOSION Victim's Reponse **Batterer** Attempts to calm partner Moody Nitpciking Victim's Reponse **Batterer** Silent or talkative · Withdraws affection · Stays away from family and Put-downs Hitting · Protects self any way they can Yelling Choking · Police called by self, children or · Keeps children quiet **DENIAL** Drinking or drugs Humiliating neiahbor Threatens Imprisonment · Tries to calm batterer · Tries to reason Destroys property Rape Tries to reason · Cooks partner's favorite dinner Criticizes Minimizing the abuse, acting as if it did · Use of weapons · Fights back General feeling of walking on Sullen not happen, or acting as if it will never Beating Leaves Crazy-making happen again. This perpetuates the Verbal abuse Destroys property cycle of violence. **Batterer**

• "I'm sorry" or begs for forgiveness

Nurturing

friends

Agress

egashells

- Promises to get counseling / go to church / AA
- Sends flowers or presents
- "I'll never do it again"
- · Wants to make love
- Declares love
- Enlists family support
- Cries

HONEYMOON

Victim's Reponse

- Agrees to stay
- Returns or takes batterer back
- Attemps to stop legal proceeding
- Sets up counseling appointments for batterer
- Feels happy or hopeful

Equality (Non-Violence) Wheel

NON-VIOLENCE

FAIRNESS

Look for fair ways to solve problems. Accept change. Be willing to both give and take.

ACTIONS THAT FEEL SAFE

Talk and act so that she feel safe and at ease as she is talking and doing things.

SHARED MONEY

Make money decisions together. Make sure both of you share the good and bad of money and its problems.

RESPECT

TRUST AND

SUPPORT

Listen to her without judging. Be understanding. Values her ideas.

Help her feel good about

her goals in life. Respect

her right to her own

feelings, friends,

activities, and

ideas.

EQUALITY

SHARED WORK

Agree together on how to divide work fairly. Make family decisions as a team.

Accept that you are responsible for yourself. Speak openly and

GOOD PARENT

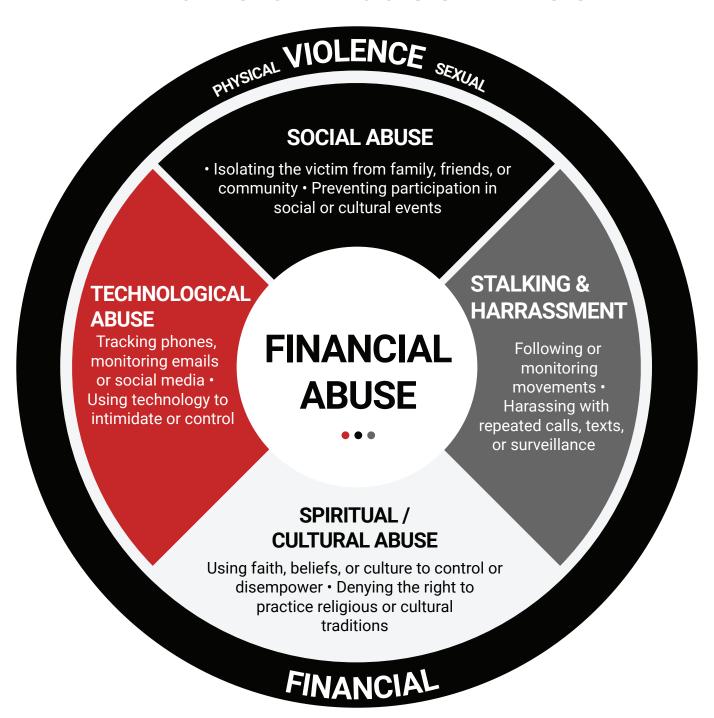
Share the job of being parents. Be a good, non-violent role model for your child.

HONESTY

Admit any violence in the past. Say you were wrong. speak the truth.

NON-VIOLENCE

Financial Abuse Wheel



Technology-Facilitated Abuse Wheel

PHYSICAL VIOLENCE SEXUAL

COERCION & THREATS

· Making threats via email, instant and text messages · Sending disturbing information and website links • Posting false and hurtful information on social media. blogs and websites.

INTIMIDATING, MONITORING, AND STALKING

- · Monitoring by using technology. Secretly changing files or device settings · Destroying technology items and/or assistive devices
- Impersonating you

EMOTIONAL ABUSE

 Ridiculing or putting you down using technology · Manipulating technology to confuse or scare you • Keeping you technology-dependent · Making you think you are crazy by misusing technology

· Cutting off or limiting your technology

damaging or inappropriate

emails, pretending to

ISOLATION

use and access . Tracking your whereabouts to prevent you from

contacting others · Using technology

to discredit you personally or professionally · Sending

be you.

ECONOMIC ABUSE

· Tracking or manipulating financial accounts online · Controlling and denving access to online accounts . Destroying your credit rating through Identity Theft.

TECHNOLOGY POWER & CONTROL

USING PRIVILEGE & OPPRESSION

· Making all of the decisions about technology • Making you feel stupid and incapable of understanding or afraid of technology.

USING CHILDREN

 Getting other people (children, friends, family, caregivers) to monitor and harass, install devices, and get information such as account numbers or passwords · Using websites to encourage strangers to harass you.

DENYING. MINIMISING AND BLAMING

 Normalising the control and abuse by saying the technology monitoring is for "your own safety." • Shifting responsibility by saying you somehow installed the Spyware or other technology

devices.

TECHNOLOGY