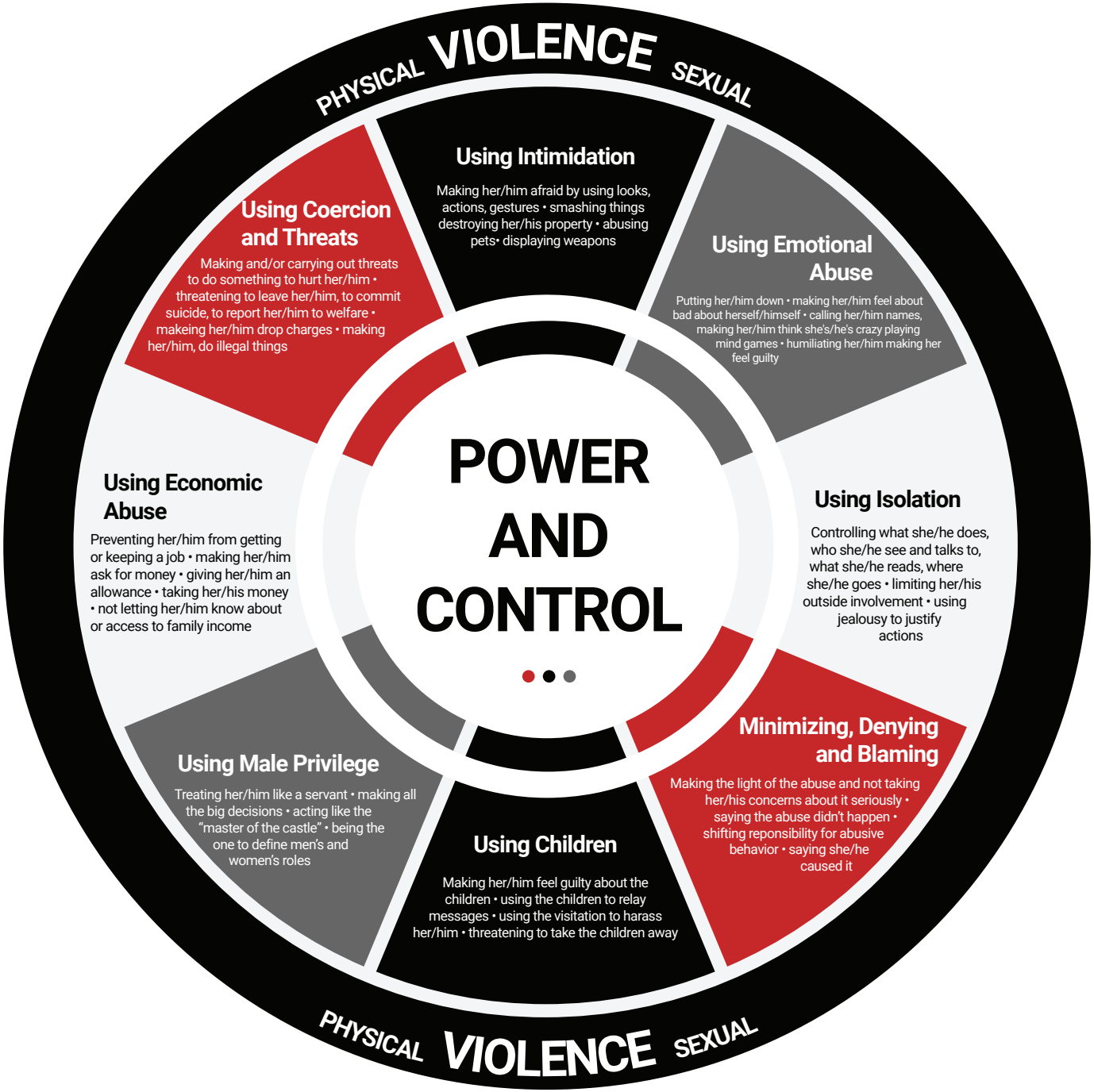
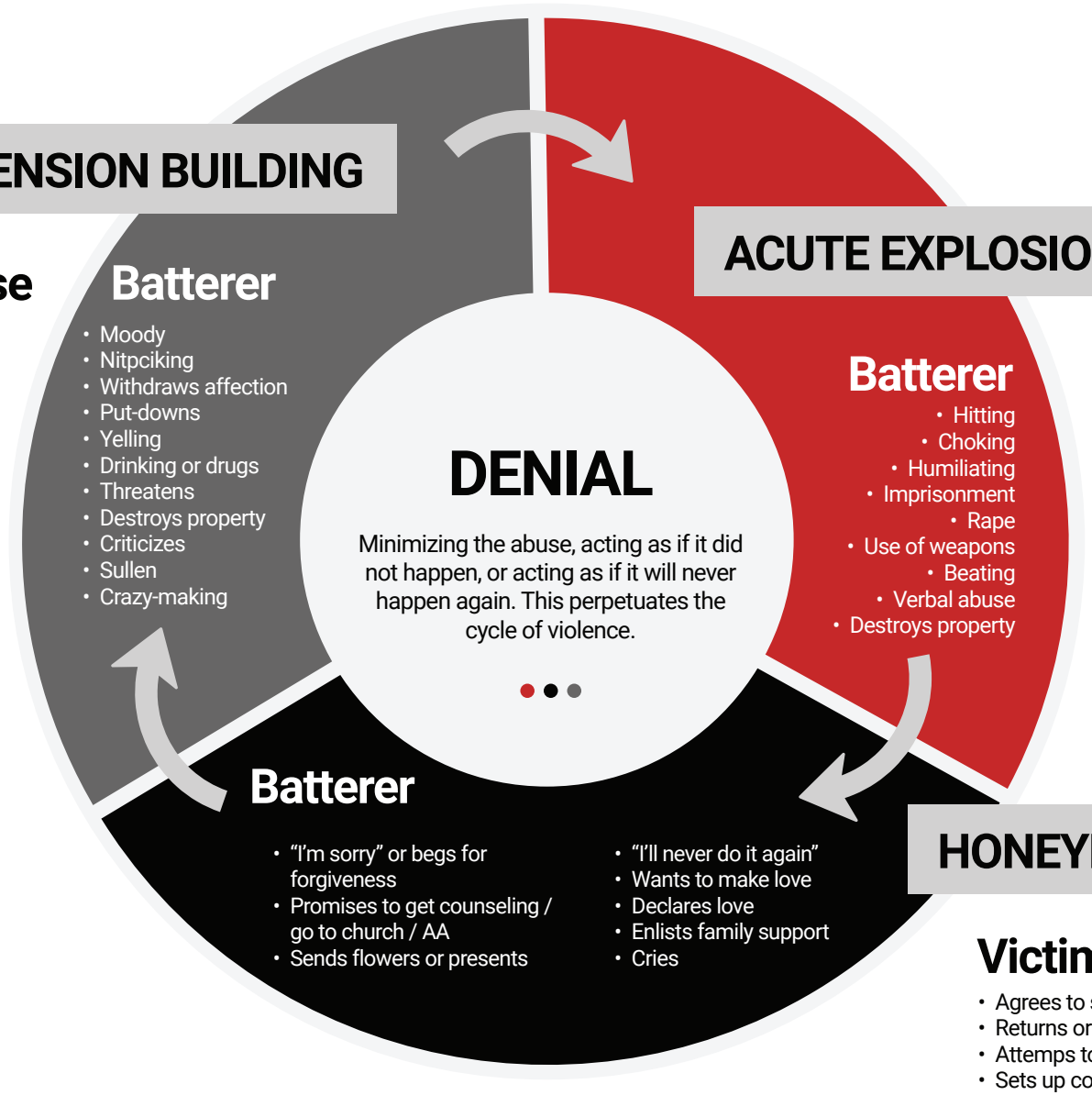
Power & Control Wheel



Cycle of Violence Wheel



Victim's Reponse

- Attempts to calm partner
- Nurturing
- Silent or talkative
- Stays away from family and friends
- Keeps children quiet
- Agress
- Tries to reason
- Cooks partner's favorite dinner
- General feeling of walking on eggshells

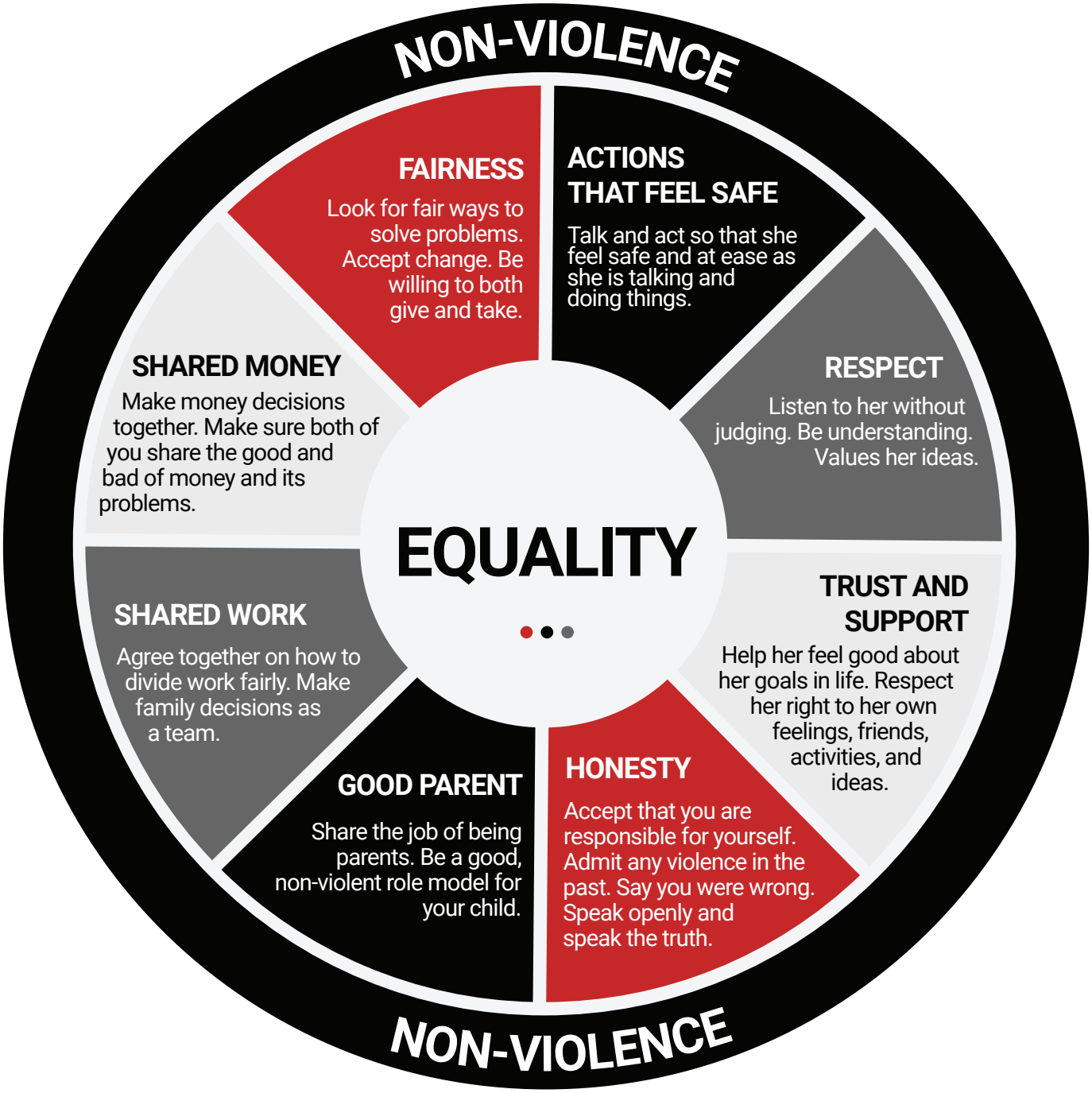
Victim's Reponse

- Protects self any way they can
- Police called by self, children or neighbor
- Tries to calm batterer
- Tries to reason
- Fights back
- Leaves

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



Financial Abuse Wheel

Technology-Facilitated Abuse Wheel