The Power and Control Wheel
Adapted from the Domestic Abuse Intervention Project, Duluth, MN

Physical Abuse
- making threats to harm you or your family - threatening or abusing pets - displaying weapons - punching, strangling, slapping, pushing, or pinching you - cornering you or blocking your way - getting in your face

Economic Abuse
- preventing you from getting or keeping a job - trying to control your money - making you pay for everything - making you late for work - showing up unexpectedly

Sexual Assault / Coercion
- Any type of sexual act committed by one person without the consent of the other. It may include threats, manipulation, force, or intimidation. It may also involve the use of drugs or alcohol to commit a sexual assault. Refusing to have safe sex.

Emotional / Psychological
- putting you down - making you feel bad about yourself - calling you names - making you think you’re crazy - playing mind games - humiliating you in private or public - intimidating you - making you feel guilty - making threats to hurt or kill themselves - threatening to cheat on you

Using Technology
- breaking into online accounts - expecting you to give them your passwords - pressuring you to send photos of yourself - getting angry when you don’t answer texts or calls - texting excessively - posting/sending private pics of you - always checking up on you through social networking sites

Minimize / Deny / Blame
- making light of the abuse - not taking your concerns seriously - blaming you - saying the abuse never happened - always having an excuse for their behavior - giving gifts to make up for the abuse - trying to convince you and others that it’s all your fault

Isolation & Permission Giving
- using jealousy as an excuse for abuse - telling you what to wear or not to wear - trying to limit who your friends are - getting angry when you talk to an ex - saying they do it because they love you so much

Using Jealousy
- controlling what you do, who you talk to, what you watch, where you go - getting annoyed/angry when you spend time with friends/family - making you check in with them all the time - thinking they have the right to make decisions about your life

24-Hour, Confidential Hotline:
Call: 1-800-924-0556
Text: 715-532-6976
www.embracewi.org

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