**Power & Control Wheel**

Developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control. *adapted by Jen Snider to be gender neutral and with slight modifications not included in the original.*

- **Using Economic Abuse**
  - Prevents me from getting or keeping a job; Makes me ask for money; Gives me an allowance; Takes my money; Refuses to let me know about or have access to shared income.

- **Using Privilege**
  - Treats me like a servant; Acts like the “head of the household”; Makes all the big decisions; Defines each person’s role in the relationship; Uses gender, race, class, etc. stereotypes against me.

- **Using Children**
  - Makes me feel guilty about the children; Uses the children to relay messages; Uses visitation to harass me; Threatens to take the children away.

- **Using Intimidation**
  - Makes and/or carries out threats to hurt me; Threatens to commit suicide; Threatens to report/embarrass/out me to an agency or others; Threatens to leave me; Pressures me to commit illegal actions.

- **Using Emotional Abuse**
  - Makes me feel afraid or unsafe with actions, gestures, looks; Throws things; Breaks things; Damages my property; Abuses your pets; Displays weapons.

- **Using Isolation**
  - Prevents me from getting or keeping a job; Makes me feel bad about myself; Calls me names; Makes me think I am crazy, misinterpreting or over-reacting; Plays mind games; Humiliates me; Makes me feel guilty or ashamed.

- **Minimizing, Denying and Blaming**
  - Makes me feel guilty or unsafe with actions, gestures, looks; Throws things; Breaks things; Damages my property; Abuses your pets; Displays weapons.

- **Using Coercion And Threats**
  - Makes me feel afraid or unsafe with actions, gestures, looks; Throws things; Breaks things; Damages my property; Abuses your pets; Displays weapons.

- **Using Emotion**
  - Makes me feel afraid or unsafe with actions, gestures, looks; Throws things; Breaks things; Damages my property; Abuses your pets; Displays weapons.

- **Using Intimidation**
  - Makes and/or carries out threats to hurt me; Threatens to commit suicide; Threatens to report/embarrass/out me to an agency or others; Threatens to leave me; Pressures me to commit illegal actions.

- **Using Economic Abuse**
  - Prevents me from getting or keeping a job; Makes me ask for money; Gives me an allowance; Takes my money; Refuses to let me know about or have access to shared income.