POWER AND CONTROL WHEEL

VIOLENCE

Physical | **Sexual**

COERCION AND THREATS: Making and/or carrying out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things.

INTIMIDATION: Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

MALE PRIVILEGE: Treating her 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.

EMOTIONAL ABUSE: Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.

POWER AND CONTROL

ECONOMIC ABUSE: Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to family

ISOLATION: Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

USING CHILDREN: Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Threatening to take the children away.

MINIMIZING, DENYING, AND BLAMING: Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

Physical | **Sexual**

VIOLENCE

HarborHouse
of Central Florida

24-Hour Crisis Hotline
(407) 886-2856 (TDD)
1 (800) 500-1119 (FL)