

POWER & CONTROL Wheel

USING COERCION & THREATS

Making and/or carrying out threats to hurt you or someone you care about.



USING INTIMIDATION

Making you afraid with threats, looks, actions, or destruction of property.



USING EMOTIONAL ABUSE

Putting you down, making you feel bad about yourself, name calling, gaslighting, or playing mind games.



USING ISOLATION

Controlling who you see, where you go, what you do, or keeping you from support.



MINIMIZING, DENYING & BLAMING

Making light of the abuse, saying it didn't happen, or blaming you for what they did.



USING CHILDREN

Making you feel guilty about the children or using them to relay messages or as leverage.



USING MALE PRIVILEGE

Treating you like you are less important, making all the big decisions, acting like the "boss."



USING ECONOMIC ABUSE

Controlling money, withholding financial resources, or keeping you from working.



Abuse is about using **POWER** to control another person.

YOU DESERVE...

- ★ Respect
- ★ Choice
- ★ Safety
- ★ Dignity
- ★ Support
- ★ Freedom

You are not alone.
ABUSE IS NEVER YOUR FAULT.

YOU HAVE THE RIGHT TO...

- ★ Make your own choices
- ★ Be treated with kindness
- ★ Live free from fear
- ★ Ask for help

