Power & Control

Adapted from The Power & Control Wheels created by The Domestic Abuse Intervention Project, Duluth, MN. This compilation, revision & design by Anna Marie's Alliance, 2006

iolence

Minorities

- Victim will not call police out of fear of what will happen to abuser.
- Abuser uses guilt of betraying family, culture, race if abuse is made known
- Perceived/actual mistreatment by police/courts or social services inhibits calling for help again.
- "Saving face" "Machismo" and other cultural phenomena limits support for making changes.

Using Coercion and Threats

Making and/or carrying out threats. Threaten to leave, commit suicide, report them to welfare.

Make victim drop charges or do illegal things.

the children. Using

Using visitation to

harass. Threaten to

take the children

away.

the children to

relay messages.

Using Intimidation

Making victim afraid by using looks, actions, gestures. Smashing things, abusing pets, destroying property, displaying weapons.

Emotional Abuse

Verbal put downs, making victim feel bad about themselves, calling them names, making them think they're crazy, playing mind games, humiliation, and instilling guilt.

Economic Control

Preventing the victim from getting or keeping a job, making them ask for money, giving them an allowance, taking their money, not letting them know about or have access to family income.

Using Privilege

gender roles

Treating victim like a servant, making all the big decisions, acting like "master of the castle", being the one to define men's and women's roles.

Some religious Making the victim feel guilty about

& Control

Power

Minimizing, Denying & Blaming

Make light of abuse and not taking victim's concerns about it seriously. Saying the abuse didn't happen, shifting responsibility or saying the victim caused it.

Isolation

Controlling what the victim does, who they see and talk to, what they read, where they go. Limits outside involvement and uses jealousy to justify actions

Gay, Lesbian, Bisexual & Transgender

- Threaten to "out" you to family or employer
- Questions if you are a "real" lesbian/gay.
- Reinforces internalized homophobia.
- Sexual Abuse includes derogatory statements, criticizes your body, refuses to practice safer sex, rape. Manipulates sexual situations so you are afraid to say no or can't say no.
- Threatens to ruin future relationships.
- Uses guilt of betraying the GLBT community if abuse is reported.

Violence

Immigrants

- Threatens to turn into authorities
- Threatens deportation
- Instills/maintains fear of law enforcement and authorities
- Lies about rights and laws
- Does not allow learning/speaking/ reading English
- Threatens abandonment
- Withhold medical attention
- Uses culture of origin to justify abuse

Disabled/Elderly Adults

- Withholds affection
- Creates a siege mentality
- Instills guilt for inconveniencing the abuser
- Takes money/property, misuse of power of attorney, spends assists
- Cuts off contact with family & friends
- Denies spiritual/religious practices
- Takes mail, denies phone
- Denies food, personal care, medications, abandonment
- Exploits vulnerabilities by taking walker/wheel chair/ cane, glasses, teeth, hearing aid.
- Threaten to place in a facility/institution.