

## Power & Control

An abuser will exert Power and Control over their victim combined with the **Cycle of Violence** to keep the victim in an abusive relationships.

**Using intimidation:** making them afraid by using looks, actions, gestures, smashing things, destroying their property, abusing pets, displaying weapons.

**Using emotional abuse:** putting them down, making them feel bad about themselves, calling them names, making them think they are crazy, playing mind games, humiliating them, making them feel guilty.

**Using isolation:** controlling what they do, who they see and talk to, what they read, where they go, limiting their outside involvement, using jealousy to justify actions.

**Minimizing, denying, and blaming:** making light of the abuse and not taking the victim's concerns about it seriously, saying the abuse didn't happen, shifting responsibility for abusive behavior, saying they caused it.

**Using children:** making them feel guilty about the children, using the children to relay messages, using visitation to harass them, threatening to take the children away.

**Using 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.

**Using economic abuse:** preventing them 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 coercion and threats:** making and/or carrying out threats to hurt them, threatening to leave them, to commit suicide, to report them to welfare, making them drop charges, making them do illegal things.

**For additional information contact the CSS Women's Commission at 704-336-3210.**



The Domestic Violence Power & Control wheel was developed through [The Duluth Model](#)