



What is a Power and Control Wheel and how can it help me?

The Power and Control Wheel allows a victim to identify the pattern of violence that the abuser uses in order to remain in control over his or her partner. Victims are constantly undermined by their abuser through multiple forms of violence. Abuse is not always physical, but can be just as harmful to a victim and their children.



- ◆ Intimidation: the abuser gives a specific look or action to cause fear.
- ◆ Emotional Abuse: statements from the abuser that make the victim feel worthless and/or humiliated.
- ◆ Isolation: the victim is no longer allowed to see certain family or friends and is limited in their ability to leave the home.
- ◆ Minimizing, Denying and Blaming: the abuser will not admit to the abuse or will state that the victim was the cause of the abuse.
- ◆ Using Children: the abuser will have children relay messages to cause fear or humiliation to the other parent. The abuser can also threaten to take the children away.
- ◆ Male Privilege: the victim is treated as a servant and allowed no opinion on major decisions.
- ◆ Economic Abuse: the victim is not allowed to maintain a job and/or must ask for money from the abuser to get even needed items for the home.
- ◆ Coercion and threats: the abuser will make and carry out with threats they have made.

If you or someone you know is going through abuse - you are not alone.

Please contact us to speak with an advocate.

376-8202 Ext. 4 or 24 Hour Hotline: 376- HELP (4357)