

CHANGING THE LENS ON POWER AND CONTROL

The Power and Control Wheel is a visual aide that demonstrates the dynamics of power and control in abusive relationships. At the centre of the behaviour is the desire of the abuser to maintain power and control over the woman, and the relationship. While each individual abuser will use different patterns of behaviour to maintain power and control, there tends to be many common traits of abusive behaviour.

The spokes on the wheel illustrate these common traits and include: emotional abuse; economic abuse; sexual abuse; isolation; intimidation; using gender privilege; threats; and manipulating children or other people. The outer rim of the wheel depicts the overall threat or actual use of physical violence to coerce compliance, and to keep the abused woman under control.



SOURCES

National Center on Domestic and Sexual Abuse. Domestic Abuse Intervention Project. Power and Control Wheel. Reprinted with permission.