Power & Control Wheel

While each case is unique, the Power & Control Wheel provides some examples of various tactics commonly used in dating violence, sexual assault, and stalking and illustrates these dynamics of abuse. The foundational dynamic in power-based personal violence is that one person is seeking to maintain power or control over another person in order to do harm.

Coercion & Threats Making or carrying out threats to harm you or others. Threatening to leave or commit suicide. Driving recklessly or doing things to intentionally frighten you. Sending Preventing disturbing information you from getting and web links. Using or keeping a job. pornography to get Economicz Making you ask for you to do things you money. Interfering with work don't want to do. or education. Taking your credit Using explicit cards without permission. Not photos working and requiring you to provide of you support. Taking out cards and accounts in against your name and destroying your credit rating you. through identity theft. Making you take sole responsibility for the cost of contraception, protection, or emergency contraception.

Using Privilege & Treating you like a servant. Making all the "big" decisions. Being the one to define the roles or duties in the relationship. Using privilege or Getting ability to discredit you, cut off access to other resources, or use the system against people you. Knowing "what's best" for you. (friends, family, Making you feel stupid and caregivers) to incapable of understanding monitor and harass, or afraid of technology. 1. Oppression install apps, and get Saying you owe them information such as sex because you account numbers or are dating. passwords. Using websites to encourage strangers to harass you. Abusing pets or threatening to take them away from you. Pushing you to do things sexually because other people are doing them, or past partners have done them. Using Using Others alcohol to get you to let your guard down.

Intimidation, Monitoring, & Making you afraid. Secretly changing files or device settings. Destroying property. Displaying weapons. Impersonating you. Using looks, actions, gestures to reinforce Ridiculing control. Blocking your exit. or putting you Constantly contacting down. Making you you. Using physical size feel bad about differences to yourself. Playing mind frighten or games. Making you feel guilty. Abuse manipulate Humiliating you. Questioning your you during identity. Reinforcing internalized sex. phobias and isms. Manipulating technology to confuse or scare you. Gaslighting (making you question reality). Calling you names for not wanting to do certain things sexually or because of your sexual choices.

Controlling what you do, who you see or talk to. Making you account for your whereabouts. Saying no one will believe you. Not letting you Saying go anywhere alone. Cutting off or limiting it didn't your technology use and access. happen. Sabotaging your other relationships. Isolation Saying it's Extreme jealousy. Trying to get your fault, you alone and away from you deserved it. friends at a party. Accusing you of "mutual abuse." Saying it's just fighting, not abuse. Normalizing the control and abuse by saying the technology monitoring is for "your own safety." Ignoring your request for condoms or other protection Minimizing, Denying, Blaming during sex. Disregarding your physical boundaries.