POWER AND CONTROL

VIOLENCE

PHYSICAL

Coercing and Threatening
Makes and/or carries out threats to hurt me
Threatens to report /embarrass/out me
Pressures me to do illegal things

Using Intimidation
Makes me feel unsafe or afraid
Throws things
Breaks things
Abuses pets
Displays and talks about weapons

SEXUAL

Using economic abuse
Keeps me from getting or keeping a job
Makes me ask for money
Takes my money
Creates debt in my name
Refuses child support

Using Emotional Abuse
Puts me down
Humiliates me
Makes me think I'm crazy or overreacting

Using Privilege
Threats me like a servant
Makes all big decisions
Uses gender, race, class, cultural practices or other stereotypes against me

POWER AND CONTROL

Using Isolation
Controls what I do, who I see, what I read, where I go and who I talk to
Monitors my behaviour and communication
Uses jealousy to justify actions

Using children
Uses the children to relay messages
Uses visitation to harass
Threatens to take children away or harm them

Minimising, Denying or Blaming
Makes light of abuse
Denies abuse happens
Shifts blame for abuse saying it was deserved

NONVIOLENCE

Negotiation and fairness
Seeking mutually satisfying resolutions to conflict
Accepting change
Willing to compromise

Non-Threatening Behaviour
Talking and acting so that you feel safe and comfortable expressing yourself and doing things

Economic partnership
Making money decisions together
Making sure both partners benefit from financial arrangements

Respect
Listening to you non-judgementally
Affirming your emotions
Valuing your opinions
Respecting your culture

EQUALITY

Shared responsibility
Mutually agreeing on a fair distribution of work
Making family decisions together

Trust and support
Supporting you goals in life
Respecting your right to your own feelings, friends, activities and opinions

Responsible Parenting
Sharing parental responsibilities,
Being a positive non-violent role model for children

Honesty and Accountability
Accepting responsibility for self
Acknowledging any past use of violence
Being trustful
Admitting when you are wrong

*Adapted from The Duluth Model Power and Control Wheels