# EQUALITY WHEEL

### NONVIOLENCE NEGOTIATION AND FAIRNESS: NON-THREATENING BEHAVIOR: Talking and acting so that she feels safe and Seeking mutually satisfying resolutions to conflict. Accepting comfortable expressing changes. Being willing to herself and doing things. compromise. RESPECT: **ECONOMIC PARTNERSHIP:** Listening to her non-judgmentally. Being emotionally affirming and understanding. Valuing her Making money decisions together. Making sure both partners benefit from financial arrangements. opinions. EQUALITY TRUST AND SUPPORT: SHARED RESPONSIBILITY: Supporting her goals Mutually agreeing on a fair distribution of work. Making in life. Respecting her right to her own feelings, family decisions together. friends, activities, and opinions. HONESTY AND ACCOUNTABILITY: RESPONSIBLE PARENTING: Accepting responsibility for Sharing parental responsibilities. Being a positive, nonviolent role self. Adknowledging past use of violence. Admitting being wrong. Communicating openly and truthfully. model for the children. NONVIOLENCE

Developed by: Domestic Abuse Intervention Project 202 East Superior Street Duluth, MN 55802 218.722.4134

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NATIONAL CENTER on Domestic and Sexual Violence

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# POWER AND CONTROL WHEEL

Dhysical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.

ne Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattem of intimidation and control in the relationship.

## VIOLENCE

**POWER** 

AND

ONTROL

# physical

## COERCION AND THREATS: Making and/or carry-

ing out threats to do something to hurt her. Threatening to leave her, commit suicide, or report her to welfare. Making her drop charges. Making her do illegal things

#### INTIMIDATION:

Making her afraid by using looks, actions, and gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

#### MALE PRIVILEGE:

Treating her like a servant: making all the big ded sions, acting like the "master of the castle," being the one to define men's and women's

#### ECONOMIC ABUSE:

Preventing her from getting or keeping a job. Making her ask formoney. Giving her an allowance. Taking her money. Not letting her know about or have access to family income.

#### EMOTIONAL ABUSE:

sexual

Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.

#### ISOLATION:

Controlling what she does, who she sees and talks to, what she reads, and where she goes. Limiting her outside involvement. Using jealousy to justify actions.

sexudi

#### USING CHILDREN:

Making her feel guilty about the children. Using the children to relay messages. Using visitation to harass her. Physical Threatening to take the dhildren away.

## MINIMIZING, DENYING, AND BLAMING:

Making light of the abuse and not taking her concerns about it seriously. Saying the abuse didn't happen. Shifting responsibility for abusive behavior. Saying she caused it.

## VIOLENCE

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