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## Domestic violence power and control wheel pdf

You can quickly exit this site by clicking the X in the upper right corner or by pressing the Escape key twice. Users of the Microsoft Edge browser will be redirected to Google by clicking the X or Escape key. To browse this site safely, be sure to regularly clear your browser history. I understood that domestic violence is a pattern of behaviors used to gain or maintain power and control. In The Hotline, our reference to describe abuse is the Wheel of Power and Control developed by the Domestic Abuse Intervention Project in Duluth, MN. In the diagram below, the Wheel of Power and Control assumes its pronouns for the victim and pronouns for the aggressor, but the abusive behavior it details can happen to people of any gender or sexuality. The wheel serves as a diagram of tactics that an abusive partner uses to keep their victims in a relationship. The inside of the wheel is made of subtle and continuous behaviors over time, while the outer ring represents physical and sexual violence. Abusive actions such as those depicted in the outer ring often reinforce the regular use of other more subtle methods found in the inner ring. Copyright domestic abuse intervention project 202 East Superior Street, Duluth, MN, 55802 218-722-2781 The complexities of relationship abuse can never be summed up completely in a single diagram, but the Wheel of Power and Control presents a useful lens through which to examine domestic violence. Learn more about the Domestic Abuse Intervention Project. You can quickly exit this site by clicking the X in the upper right corner or by pressing the Escape key twice. Users of the Microsoft Edge browser will be redirected to Google by clicking the X or Escape key. To browse this site safely, be sure to regularly clear your browser history. Got it Dating abuse is an attempt by abusive partners to gain or maintain power and control, and comes in many ways. Abuse is often not isolated—it forms a pattern of behaviors that collectively cause the victim to question their own self-esteem and become even more entrenched in the abusive relationship. The Wheel of Power and Control developed by the Domestic Abuse Intervention Project provides a useful tool for understanding the dynamics of dating abuse. Think of the wheel as a diagram of tactics that an abusive partner uses to keep their victims in a relationship. The inside of the wheel is made of subtle and continuous behaviors over time, while the outer ring represents physical and sexual violence. Abusive actions such as those depicted in the outer ring often reinforce the regular use of other more subtle methods found in the inner ring. Note: The Wheel of Power and Control assumes pronouns for the victim and pronouns for the aggressor, but the abusive behavior that details can happen to people from gender or sexuality. Download the Energy and Control Wheel (PDF) Learn more about the dating abuse warning signs Relationship Spectrum While Women Are Are victims, men are also victims of domestic violence. Although each case is unique, abusers use a number of abusive behaviors to control their patterns, including physical, emotional, psychological, sexual, financial, and spiritual abuse. Isolating friends and family, using children as bargaining tools, and threatening deportation and/or using the victim's legal status as a way to keep them in an abusive relationship are also common patterns of domestic violence abuse. It is often difficult to identify various forms of abuse, particularly when they are indirect or not as obvious as physical and/or sexual violence. The Wheel of Power and Control The Wheel of Power and Control was developed by the Domestic Abuse Intervention Program based on the experience of women assaulted in Duluth who had been abused by their male partners. It has been translated into more than 40 languages and has resonated with the experience of battered women around the world. Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually actions that allow others to become aware of the problem. However, the regular use of other abusive behavior by the scout, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical aggressions can occur only one or occasionally, they instill threat of future violent attacks and allow the aggressor to take control of the woman's life and circumstances. The YWCA Control wheel and energy diagram is a particularly useful tool for understanding the general pattern of abusive and violent behavior, which is used by a scout to establish and maintain control over your partner. Often, one or more violent incidents are accompanied by a number of these other types of abuse. They are less easily identified, but firmly establish a pattern of intimidation and control in the relationship. YWCA POWER AND CONTROL WHEEL The Healthy Relationship Wheel The YWCA Healthy Relationship Wheel is what a healthy relationship would be, based on respect, trust and non-violence. For example, instead of using coercion and threats, a partner would resolve conflicts or disagreements based on negotiation and justice. The Wheel of Equality was developed not to describe equality itself, but to describe the changes needed for men who move away from an abusive to nonviolent partnership. Compare and contrast the Wheel of Power and Control with the Wheel of Equality to use them to learn more about the many forms of domestic violence. The healthy relationship RUNS Forms of Domestic Violence USING DOMINATION By Abusing the hierarchy of privileges. Treating her like a maid, making all the big decisions. Acting like the master of the castle. Being the only one to define the roles of men and women USING ECONOMIC ABUSE preventing her from a job. Make her ask for money. Blaming her for any financial loopholes. Taking her money. Limit or remove access to family income SPIRITUAL SPIRITUAL ABUSE religious texts to demand obedience, justify beating, limiting physical movement. Coercing her partner to have sex by quoting him is a God-given right to husbands using isolation By controlling what she does, with whom she sees and talks, what she reads, where she goes. Limiting your external involvement. Use jealousy to justify minimizing, DENYING AND BLAMING actions to make light of abuse and not taking your concerns seriously. To say that the abuse did not happen by changing the responsibility for abusive behavior. Saying she caused children to use by making her feel guilty about the children. Using children to transmit messages. Using visitation to beassing her. Threatening to drive away children CULTURAL ABUSE Acceptance of father-in-law abuse (physical, emotional and financial). Use cultural norms as a tool to limit physical movement, justify beatings, require subservience. Limit the role of the woman to wife and mother and prevent her from working. Prevent her from possibly remarrying by accusing her of adultery as a way to impact her honor and/or chastity USING IMMIGRATION STATUS Threatening to deport her and/or her children, report her to the INS, not fill out her paperwork to apply for citizenship/permanent status. Intentional withdrawal of paperwork once it was filed to compromise its legal status. Don't let her learn English. Isolate it from anyone who speaks your language using COERTION AND THREATS By making and/or making threats to do something to hurt you. Threatening to leave her, commit suicide. Getting her to drop the charges. Make her do illegal things USING INTIMIDATION Making her afraid using looks, actions, gestures. Destroying her property. Abusing pets. Displaying weapons USING EMOTIONAL ABUSE Putting it down. Making her feel bad about herself. Calling her names. Make her think she's crazy. Playing mind games. Humiliate her. Making her feel guilty about the Power and Control Wheel (Duluth Model) Why was the Power and Control Wheel created? In 1984, the Domestic Violence Intervention Project (DAIP) began developing curricula for groups of men who beat and victims of domestic violence. They were looking for a way to describe beatings to victims, offenders, practitioners in the criminal justice system and the general public. Over the course of several months, they convened focus groups of women who had been beaten. They heard stories of violence, terror and survival. After hearing these stories and asking questions, they documented the most common abusive behaviors or tactics that were used against these women. The tactics chosen for the wheel were the most universally experienced by battered women. Why is it called the Wheel of Power and Control? Spanking is a form of domestic or intimate partner violence. It is characterized by the pattern of actions that a uses to intentionally control or dominate your intimate partner. That's why the words power and control are at the center of the wheel. A scout systematically uses threats, intimidation and coercion to instill fear in his partner. These behaviors are the spokes of the wheel. Physical and sexual violence holds everything together —this violence is the edge of the wheel. Why isn't the Wheel of Power and Control gender neutral? The Wheel of Power and Control represents the lived experience of women living with a man who beats them. It does not try to give a broad understanding of all violence at home or community, but offers a more accurate explanation of the tactics men use to beat women. We keep our focus on women's experience because beating women by men remains a significant social problem — men commit 86 to 97% of all criminal assaults and women are killed 3.5 times more times as men in domestic homicides. When women use violence in an intimate relationship, the context of this violence tends to differ from men. First, the use of violence against women is learned and reinforced by many social, cultural and institutional channels, while the use of violence by women does not have the same type of social support. Second, many women who use violence against their male partners are being beaten. Their violence is mainly used to respond to and resist the control of the violence being used against them. Socially, women's violence against men has a trivial effect on men compared to the devastating effect of men's violence against women. Tapping into same-sex intimate relationships has many of the same characteristics of beating in heterosexual relationships, but it happens in the context of increased social oppression of same-sex couples. Resources describing same-sex domestic violence have been developed by experts in this field, such as the Northwest Network of Bi, Trans, Lesbians and Gay Survivors of Abuse, [www.nwnetwork.org](http://www.nwnetwork.org) Making the Wheel of Power and Control [www.nwnetwork.org](http://www.nwnetwork.org) neutral would hide the imbalances of power in the relationships between men and women that reflect imbalances of power in society. By naming differences in power, we can more clearly provide advocacy and support to victims, responsibility and opportunities for change for offenders, and changes in the system and society that end violence against women. The wheel makes visible the pattern, intent and impact of violence. Visible.

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