

# POWER AND CONTROL WHEEL

Domestic Violence is more than just physical abuse. The power and control wheel describes the behaviors that are used together as a system in violent relationships. The wheel is drawn with violence as the outer rim and the other behaviors as spokes. Just like a wheel, they depend upon and reinforce each other. Together this system of behaviors builds barriers to a woman's escape.



- Economic abuse prevents a woman from gaining the financial freedom that could help her escape the violence.
- Isolation destroys the support system of relatives and friends who might be able to assist her in getting information, support and resources.
- Threats reinforce the fear she feels and may make the known violence seem safer than the retaliation promised, if she attempts to flee.
- Sexual abuse is also common, including denial of her right to refuse intimacy through the use of violence and threats.

\* Created by the [Domestic Abuse Intervention Project](#), Duluth, Minnesota.