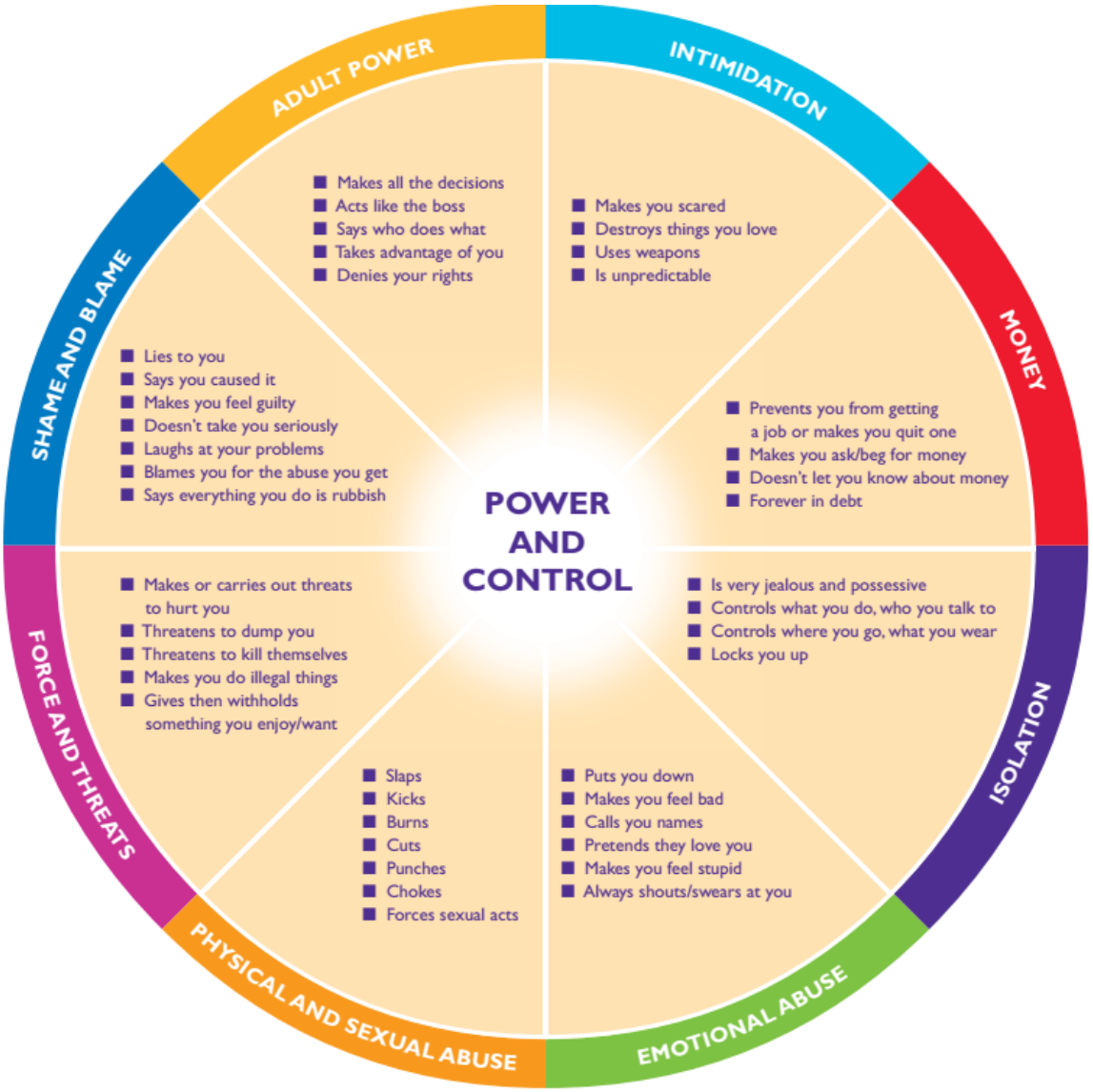
Domestic Abuse Practice Guidance Information to be added to SAB website

Power and Control Wheels

The Power and Control Wheel is a tool that helps explain the different ways an abusive partner can use power and control to manipulate a relationship. Practitioners can use it to help a victim recognise any of the warning signs in their own relationship. A number of different wheels have been developed to cover different types of relationships, a few of which are given below.


POWER AND CONTROL
ADULT POWER
Makes all the decisions
Acts like the boss
Says who does what
Takes advantage of you
Denies your rights
INTIMIDATION
Makes you scared
Destroys things you love
Uses weapons
Is unpredictable
MONEY
Prevents you from getting a job or makes you quit one
Makes you ask/beg for money
Doesn't let you know about money
Forever in debt
ISOLATION
Is very jealous and possessive
Controls what you do, who you talk to
Controls where you go, what you wear
Locks you up
EMOTIONAL ABUSE
Puts you down
Makes you feel bad
Calls you names
Pretends they love you
Makes you feel stupid
Always shouts/swears at you
PHYSICAL AND SEXUAL ABUSE
Slaps
Kicks
Burns
Cuts
Punches
Chokes
Forces sexual acts
FORCE AND THREATS
Makes or carries out threats to hurt you
Threatens to dump you
Threatens to kill themselves
Makes you do illegal things
Gives then withholds something you enjoy/want
SHAME AND BLAME
Lies to you
Says you caused it
Makes you feel guilty
Doesn't take you seriously
Laughs at your problems
Blames you for the abuse you get
Says everything you do is rubbish