

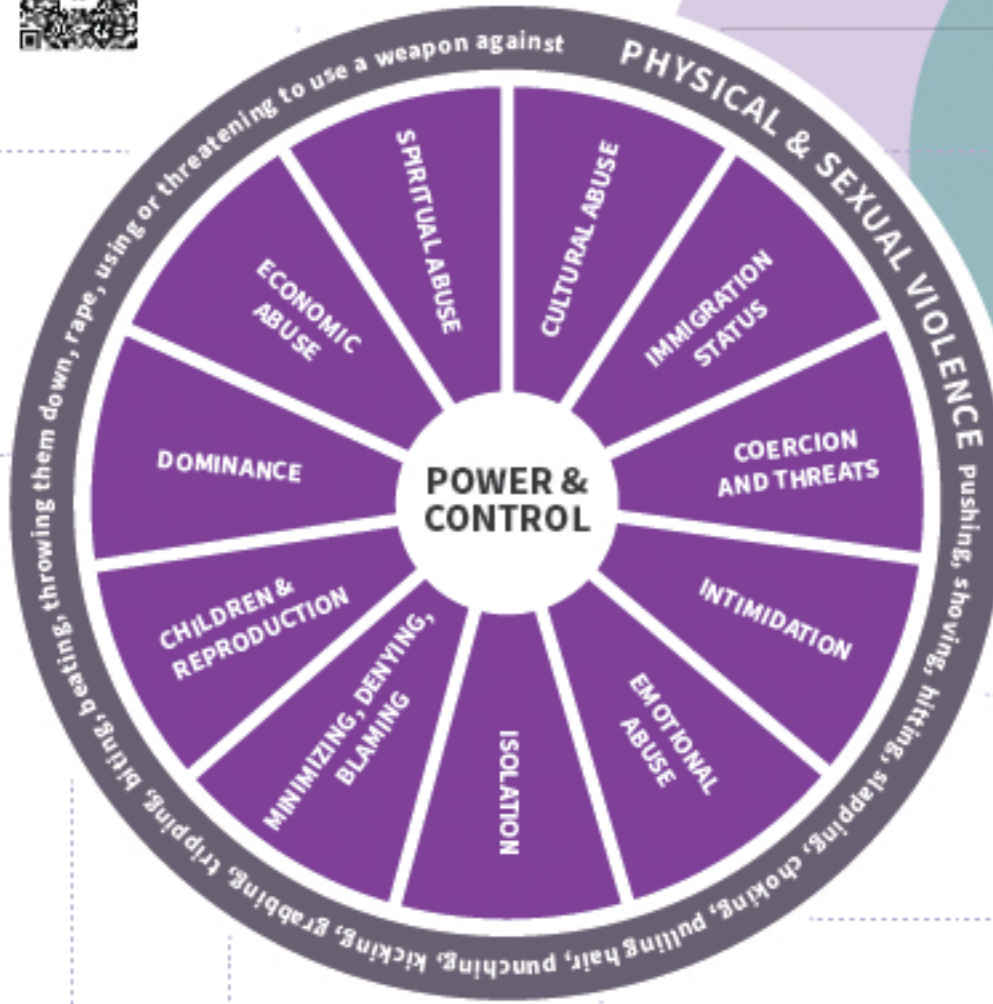


VENTURA COUNTY  
FAMILY JUSTICE CENTER  
3170 Loma Vista Road  
Ventura, CA 93003  
805.652.7655 | vcfjc.org



# POWER & CONTROL

Adapted from original wheel by Domestic Abuse Intervention Project: [theduluthmodel.org](http://theduluthmodel.org)



**Domestic Violence** is a pattern of controlling behavior used to maintain power in a relationship by one partner over the other. While women are disproportionately victims, men are also victims of domestic violence. While each case is unique, abusers use a range of abusive behaviors to control their partners including physical, emotional, psychological, sexual, financial, and spiritual abuse.

Often, it is difficult to identify various forms of abuse, particularly when they are indirect or not as obvious as physical and/or sexual violence. Use this wheel to learn about the main forms of domestic violence.

### CULTURAL ABUSE

Acceptance of in-law abuse (physical, emotional, and financial) · Use cultural norms as a tool to limit physical movement, justify beating, or demand subservience · Limit role of woman to "wife" and "mother" and prevent her from working · Prevent partner from possibly remarrying by accusations of adultery to impact their honor and/or chastity

### USING IMMIGRATION STATUS

Threaten deportation of them and/or their children, report to INS, not fill out their paperwork to file for citizenship/permanent status · Intentionally withdraw paperwork once it's been filed to jeopardize legal status · Not allow partner to learn English · Isolation from anyone that speaks their language

### COERCION & THREATS

Make and/or carry out threats to do something to harm · Threaten to leave or to commit suicide · Make partner drop charges or do illegal things · Threats to out their partner

### INTIMIDATION

Make partner afraid through looks, actions, gestures · Smash things · Destroy property · Abuse pets · Display weapons

### EMOTIONAL ABUSE

Put them down · Make them feel bad about themselves or crazy · Name calling · Play mind games · Humiliation · Make partner feel guilty

### DOMINANCE

Abuse of privilege hierarchy · Treat them like a servant · Make all the big decisions · Act like the "master of the castle" · Be the only one to define partner roles

### ECONOMIC ABUSE

Prevent them from getting/keeping a job · Make them ask for money · Blame for any financial gaps · Take their money · Limit or remove access to family income

### SPIRITUAL ABUSE

Manipulate religious texts to demand obedience, justify beating, or limit freedom · Coerce partner to have sex by citing it is a God-given right

### ISOLATION

Control what they do or who they see and talk to · Control what they read or where they go · Limit outside involvement · Use jealousy to justify actions

### MINIMIZING, DENYING, BLAMING

Make light of the abuse and not take concerns seriously · Say the abuse didn't happen · Shift responsibility for abusive behavior · Say they caused it

### CHILDREN & REPRODUCTION

Make them feel guilty about the children · Use the children to relay messages · Use visitation to harass · Threaten to take the children away · Sabotage birth control · Force pregnancies to impact work or to limit freedom