Is your relationship based on power and control?

Physical 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

life and circumstances.

The 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 pattern of

intimidation and control in the relationship.

to take control of the woman's

MALE

PRIVILEGE

Treating her like a servant v

v acting like the "master of the castle" v being the one to define men's and

making all the big decisions

VIOLENCE

COERCION & THREATS

PHYSICAL Making and/or carrying out threats to do something to hurt her v threatening to commit suicide or report her to welfare v making her drop charges v making her do illegal

INTIMIDATION

SEXUAL Making her afraid by using looks, actions, and gestures v smashing things v destroying her property v abusing pets v displaying weapons

EMOTIONAL ABUSE

Putting her down v making her feel bad about herself v calling her names v making her think she's crazy v playing mind games v humiliating her v making her feel guilty

Power & **Control**

ECONOMIC ABUSE

women's roles

Preventing her from getting or keeping a job v making her ask for money v giving her an allowance v taking her money v not letting her know about or have access to family income

USING CHILDREN

Making her feel guilty about the children by telling her she is a bad parent or by telling her the children need a two-parent home v threatening to hurt the children v using PHYSICAL the children to relay messages vusing visitation to harass her vthreatening to take the children away

ISOLATION

Controlling what she does, who she sees and talks to, what she reads and where she goes v limiting her outside involvement v using jealousy to justify actions

MINIMIZING, **DENYING. & BLAMING**

Making light of the abuse and not taking her concerns about it seriously v saying the abuse didn't happen v shifting responsibility for abusive behavior SEXUAL v saying she caused it

VIOLENCE



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