POWER AND CONTROL WHEEL

PHYSICAL VIOLENCE SEXUAL

Coercion & threats

Making threats to do something to hurt her. Threatening to leave her, to commit suicide to report her to welfare. Making her do illegals things. Making her drop charges.

Economic abuse

Preventing her from getting or keeping a job. Making her ask for money. Giving her an allowance. Taking her money. Not letting her know about or have access to have access to family income.

Male privilege

Treating her like a servant. Making all the big decisions. Being the one to define men's and women's roles. Acting like the "master of the castle".

POWER AND CONTROL

Using the children

Making her feel gulity about the children. Using the children to relay messages.

Intimidation

Making her afraid by using looks, actions, gestures. Smashing things. Destroying her property. Abusing pets. Displaying weapons.

Emotional abuse

Putting her down making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.

Using isolation

Controlling what she does, who she sees and talks to, what she reads, where she goes. Limiting her outside involvement. Using jealousy to justify action.

Denying, blaming & minimising

Making light of the abuse. Saying the PSYCHOLOGICAL abuse didn't happen. Shifting responsibility for it. Saying she caused it.



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THE EQUALITY WHEEL

Non Violence

EQUALITY

Negotiation &

fairness

Seeking mutually satisfying resolutions to conflict. Accepting change. Being willing to compromise.

Non-threatening behaviours

Taking action so that she feels safe and comfortable expressing herself and doing things.

Respect

Non Violence

Listening to her nonjudgmentally. Being emotionally affirming and understanding. Valuing opinions.

Trust & support Supporting her goals in life. Respecting her right to her own feelings, friends, activities and opinions.

Honest &

accountable Acknowledging past use of violence. Admitting being wrong. Communicating

Admitting being wrong. Communicating openly and truthfully. Accepting responsibility for self.

Economic partnership

Making money decisions together. Making sure both partners benefit from financial arrangements.

Shared responsibilities

Mututally agreeing on a fair distribution of work. Making family decisions together.

Responsible

parenting Being a positive non-violent role model for the children. Sharing parental responsibilities.



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