

DOMESTIC VIOLENCE AND SEXUAL ASSAULT: TACTICS OF POWER AND CONTROL

By Joy Wright, Chicago Metropolitan Battered Women's Network
adapted from Domestic Abuse Intervention Project's Power and Control Wheel, 2002

- **Emotional Abuse**
 - Name calling
 - "Crazy making" – making the survivor think the survivor is crazy
 - Put downs in front of family, friends, co-workers, in public
 - Playing mind games
 - Ignoring
 - Making fun of survivor

- **Intimidation**
 - Making the survivor afraid by using looks, gestures, actions, a loud voice, smashing things, destroying property, abusing pets

- **Isolation**
 - Keeping survivor from seeing friends or family
 - Turning friends and family against survivor
 - Controlling where survivor goes, what survivor does, and who survivor sees
 - Not allowing the survivor to have privacy and personal space

- **Threats**
 - Threatening to hurt or kill survivor, children or pets
 - Threatening to throw the survivor out
 - Threatening to take the children
 - Threatening to destroy property, take sentimental items, etc.
 - Threatening to report survivor to immigration, DCFS, welfare, probation, the police, etc., or to "out" the survivor
 - Threatening to take survivor's wheelchair, medication, etc.
 - Threatening to commit suicide
 - Threatening, "If I can't have you, no one will."
 - Following through on threats

- **Economic Abuse**
 - Controlling all the money
 - Not allowing survivor to keep a job
 - Taking survivor's paycheck, not allowing access to money
 - Keeping survivor's name off of property, real estate, life insurance, etc.
 - Spending all the money while family needs go unmet

- **Using Children**
 - Abusing the children, abusing survivor in front of the children
 - Making the children act as go-betweens
 - Criticizing parenting skills

- Telling the children negative things about survivor
- Using visitation to harass survivor; seeking custody to control survivor
- Abducting the children
- Reporting survivor to DCFS

- **Sexual Abuse**
 - Coercing or forcing unwanted sex or sexual activities
 - Treating survivor like a sex object
 - Physically attacking sexual parts of body
 - Not taking “no” for an answer
 - Insisting on sex on the abuser’s terms only
 - Denying survivor of sexual pleasure

- **Using Privilege**
 - Using male privilege, heterosexual privilege, white privilege, immigration status, economic privilege, able-bodied privilege, etc., to gain control over the survivor
 - Acting like the “king of the castle”
 - Treating survivor like a servant
 - Abuser believing they have superior intelligence to survivor