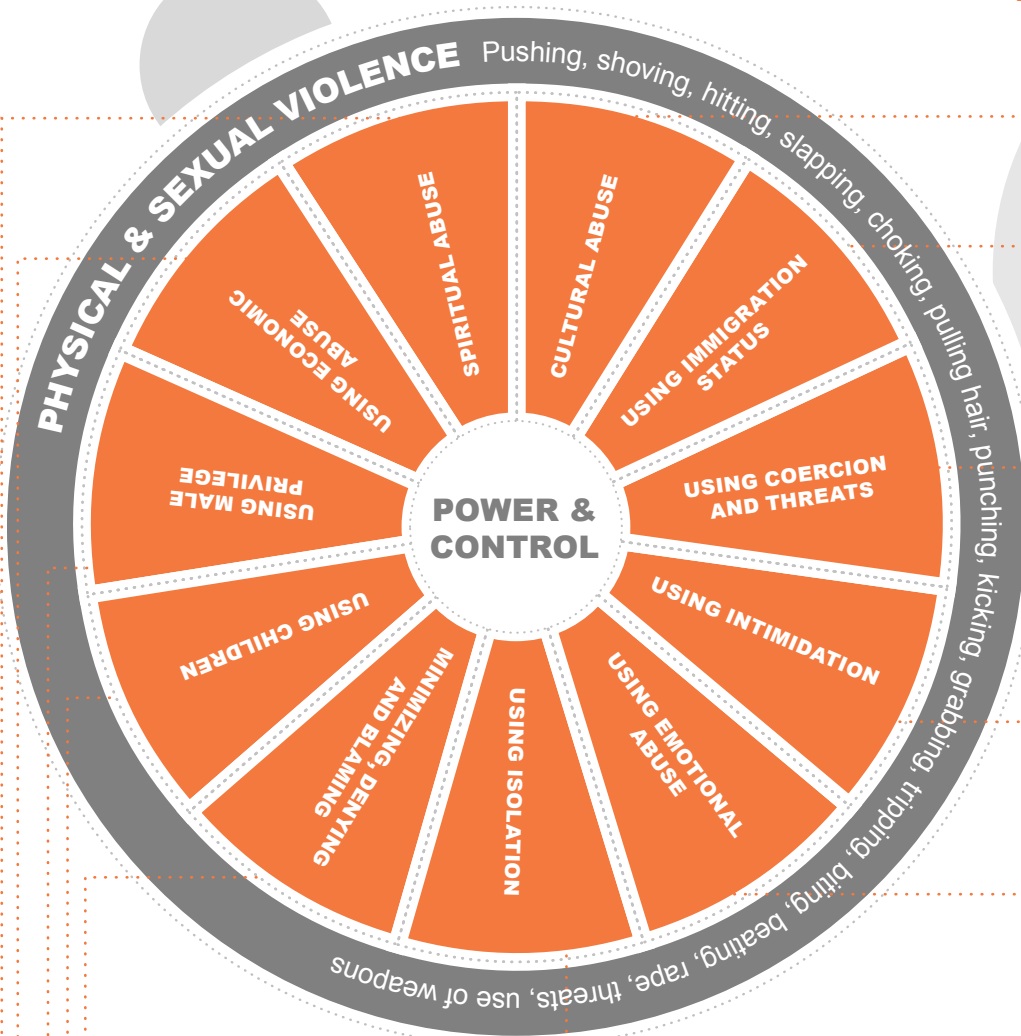


POWER & CONTROL

Adapted from Domestic Abuse Intervention Project
202 East Superior Street, Duluth, MN 55802



Domestic Violence is a pattern of controlling behavior used to maintain power in a relationship by one partner over the other. While each case is unique, abusers use a range of abusive behavior to control their partners, including physical, emotional, psychological, sexual, financial, and spiritual abuse. Isolation from friends and family, using children as bargaining tools, and/or exploiting a victim's legal status as a means of control are common patterns.

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 dynamics of domestic violence.

CULTURAL ABUSE

Acceptance of in-law abuse (physical, emotional, and financial) • Using cultural norms as a tool to limit physical movement, justify beating, demand subservience • Limit role of woman to wife and mother and prevent her from working • Prevent her from possibly remarriage by accusing her of adultery as a way to impact her honor and/or chastity

USING IMMIGRATION STATUS

Threatening to deport her and/or her children, report her to INS, not fill out her paper work to file for citizenship/permanent status • Intentionally withdrawing paperwork once it's been filed to jeopardize her legal status • Not allowing her to learn English • Isolating her from anyone that speaks her language

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her • Threatening to leave her, to commit suicide, to report her to welfare • Making her drop charges • Forcing her to break the law

USING INTIMIDATION

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

USING EMOTIONAL ABUSE

Putting her down • Convincing her to feel bad about herself • Calling her names • Convincing her that she's crazy • Playing mind games • Humiliating her • Making her feel guilty

MINIMIZING, DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously • Saying the abuse didn't happen • Shifting responsibility for abusive behavior • Saying she caused it

USING CHILDREN

Making her feel guilty about the children • Using the children to relay messages • Using visitation to harass her • Threatening to take the children away

USING MALE PRIVILEGE

Treating her like a servant • Making all the big decisions • Acting like the "master of the castle" • Being the one to define gender roles

USING 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 family income

SPIRITUAL ABUSE

Manipulating religious texts to demand obedience, justify beating, or limit physical movement • Coercing partner to have sex by citing it as a God-given right for husbands

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 actions