POWER & CONTROL

in Dating Relationships

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse.

The Power & Control Wheel lists examples of each form of abuse.

Remember, abuse is much more than slapping or grabbing someone.

POWER

AND

CONTROL

MINIMIZATION AND BLAME

Not accepting responsibility for your actions • Making a joke when you hurt your partner • Telling your partner everything is their fault • Acting like abuse is okay in the relationship

INTIMIDATION

- Yelling or screaming Using a threatening tone • Talking down • Threatening to hurt yourself or your partner
- Making your partner feel afraid • tearing up pictures
 Smashing gifts
- Destroying objects

POSSESSIVENESS

Using jealousy as a sign of love
 Accusing your partner of cheating on
you - Not letting your partner have other
friends - Telling your partner how to think,
dress and act.

SEXUAL ABUSE

 Bragging about your sexual relationship • Comparing your partner to past partners• Flirting to make your partner jealous • Using drugs/alcohol to get sex • Pressuring your partner • Rape

HUMILIATION

 Putting down your partner • Calling your partner names • Constant Criticism

- Making your partner feel like they are crazy • Humiliating your partner in front of people • Making your
 - partner feel guilty
 Embarrassing your partner

DOMINATION

Treating your partner like a baby, property, or servant • Making all of the decisions • Having expectations that no one can meet • Controlling who your partner sees or spends time with • Setting all of the rules in the relationship

PHYSICAL ABUSE

- Holding your partner so they can't leave
 - Slamming them into a wall or locker
 - Hurting your partner where bruises don't show • Grabbing • Slapping
 - Hitting Shoving
 - · Punching · Kicking

THREATS

Saying you can't live with your partner • Telling your partner you will leave them somewhere if they don't do what you say • Constantly threatening to find someone else • Saying you will commit suicide if you breakup

A relationship full of control is really out of control.

Adapted with permission from the "Power & Control and Equality Wheels," developed by Domestic Abuse Intervention Project, Duluth, MN.

Provided by:



Kansas Coalition Against Sexual and Domestic Violence 220 SW 33rd Street • Topeka, KS 66611 785-232-9784 • FAX: 785-266-1874 • E-Mail: coalition@kcsdv.org