

Power and Control Wheel

Domestic abuse is a system of coercive behaviors through which one person in a close relationship exerts and gains control over another person. The wheel below is a tool used to explain the abusive behaviors often evident in this system. Physical and sexual abuse are frequently associated with domestic abuse, but in some cases, power and control is gained by the abuser without using physical force. Even when no physical or sexual abuse has occurred, the threat often remains, giving the abuser control over their partner. The behaviors described inside the wheel are other tactics used by an abuser to maintain the power and control in the relationship.

