# Dating/Relationship Power and Control Wheel

Power

and

**Control** 

### Psychological and Emotional Abuse

putting partner down and making him/her feel bad about self, mind games or making partner feel crazy, telling secrets to others, ignoring or giving "silent treatment"

## **Physical Abuse**

any attempt to hurt or scare partner physically: hitting, biting, hair-pulling, grabbing, pushing, shoving, tripping, and kicking

#### **Sexual Abuse**

unwanted or uncomfortable touching, continual sexual advances after being told "no," forced sex, "playful" use of force during sex, treating partner like sex object

#### **Abuse of Privileges**

making all the decisions, going out with friends, but not allowing partner to, walking out on an argument and leaving, doing all the telephoning, and expecting partner to be there

#### **Verbal Abuse**

name calling, criticizing, publicly humiliating, put downs, and embarrassment

# Destruction of Personal Property

destroying personal effects (pictures, letters, clothing, gifts), ruining belongings or causing damage to partner's home or auto

### Threats, Anger & Intimidation

using looks, actions, expressions or a loud voice to intimidate partner, smashing or throwing objects, threatening to leave partner, or abandoning in a dangerous place threatening physical harm

Jealousy, `Isolation,

Possessiveness, and Restriction of Freedoms

using jealousy as a sign of love instead of insecurity, controlling what partner does, whom partner sees and talks to, where partner goes, refusing to let partner work or join activities, dropping by to watch

activities