

PHYSICAL Violence SEXUAL

Coercion/Threats

Making and/or carrying out threats to hurt her. Threatening to leave her, to commit suicide, to report her to welfare. Making her drop charges. Making her do illegal things.

Intimidation

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

Emotional Abuse

Putting her down. Making her feel bad about herself. Calling her names. Making her think she's crazy. Playing mind games. Humiliating her. Making her feel guilty.

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.

POWER & CONTROL

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 men's and women's roles.

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.

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.

Minimising, 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 behaviour. Saying she caused it.

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Power and Control Wheel