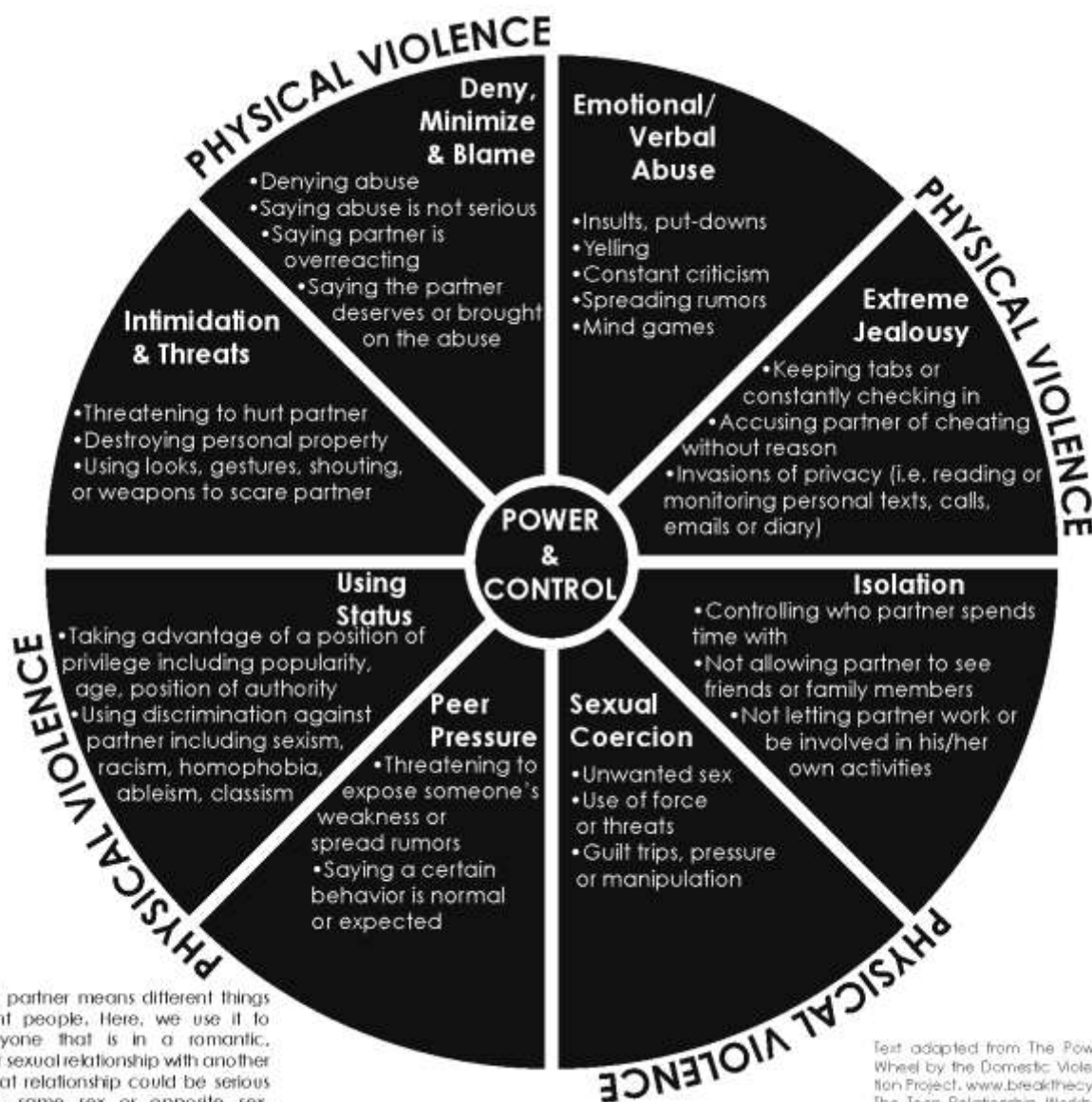


Power and Control Tactics

a • buse- noun, a pattern of behavior where one partner* seeks to gain and maintain **power** and **control** over another using **physical**, **emotional** or **sexual** tactics.

The wheel on this page shows that power and control are at the center of an abusive relationship. One of the most obvious ways to control someone is through physical violence. However, there are other ways of controlling a person that are not so easy to spot. Some examples of other forms of abuse are shown in between the spokes of the wheel below. They are more subtle (not so obvious), so often people do not recognize them as abuse. But they are abuse, and they often lead to physical violence.



*The word partner means different things to different people. Here, we use it to mean anyone that is in a romantic, intimate or sexual relationship with another person. That relationship could be serious or casual, same sex or opposite sex, monogamous or not, short or long term.

Text adapted from The Power & Control Wheel by the Domestic Violence Intervention Project, www.breakthecycle.com, and The Teen Relationship Workbook (Wellness Reproductions and Publishing, 2001)