

# POWER AND CONTROL WHEEL

(\*Revised)



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## DEFINITIONS

**Using Physical Abuse:** Any unwanted physical contact, especially that which may cause fear, pain or injury whether done directly or indirectly.

**Using Sexual Abuse:** Any contact, statements, or actions which are intended to cause or result in physical, emotional or psychological sexual injury to another person.

**Using Intimidation:** Any physical action taken or omitted which invokes a fear of negative consequences.

**Using Threats:** Statements which promise negative consequences for certain behaviors or actions.

**Using Coercion:** Statements or actions which imply, indirectly, negative or positive consequences for a certain behavior or action.

**Using Emotional abuse:** Any statements, actions or lack of action, which is intended to or results in a partner experiencing any emotional or psychological injury.



**Using Obfuscation:** Any action of obscuring, concealing or changing people's perceptions, which result in your advantage and/or her disadvantage.

**Using Isolation:** Any actions intended to or resulting in her physical, psychological, emotional or social disruption or separation from those people, places or things she is attached to or enjoys.

**Using Economic abuse:** Any action, which limits her ability to earn, have access to or manage the economic resources in her life.

**Using others or children:** Any direct or indirect action involving children, other people, pets or social institutions used as leverage to gain advantage.

**Using Male Privilege** (privus = private; leg = law): Any action or inaction based on attitudes or beliefs that you have special or exalted status over others, particularly women.

**Using Myths:** Ill-founded beliefs held uncritically, especially by an interested group.