Threats

Abusers commonly use threats to keep their partners from leaving or to scare them into dropping charges. The abuser may threaten to hurt or kill their partner, their children, other family members, or even pets. He may also threaten to commit suicide, file false charges against the partner, or report them to children's services.

To view videos

describing the wheel Go to

https://tinyurl.com/y6v2s 68u

Duluth Domestic Abuse Intervention Programs

www.theduluthmodel.org



Male Privilege

Abusive individuals need to feel in charge of the relationship. They will make decisions for the partner and the family, tell them what to do, and expect them to obey without question. The abuser may treat their partner like a servant, child, or even as his possession.

VIOLENCE SEXUAL PHYSICAL USING COERCION AND THREATS

USING

INTIMIDATION

Making her afraid by using

smashing things • destroying

looks, actions, gestures

her property · abusing

pets · displaying

MINIMIZING,

AND BLAMING

Making light of the abuse and not taking her concerns

about it seriously . saying the

abuse didn't happen • shifting respon-sibility for abusive behavior • saying

DENYING

she caused it

weapons.

POWER

AND CONTROL

Making and/or carrying out threats to do something to hurt her threatening to leave her, to commit suicide, to report her to welfare . making her drop charges • making ECONOMIC her do illegal things.

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

USING

ABUSE

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 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.

VIOLENCE SEXUAL

The Power & Control Wheel Explained:

PHYSICAL

Physical abuse is one form of domestic or intimate partner violence. It is characterised by the pattern of actions that an individual uses to intentionally control or dominate his intimate partner. That is why the words "power and control" are in the centre of the wheel. A perpetrator systematically uses threats, intimidation, and coercion to instil fear in his partner. These behaviours are the spokes of the wheel. Physical and sexual violence holds it all together this violence is the rim of the wheel.

Denial and blame

Abusers are very good at making excuses for anyone. the inexcusable. They will blame their abusive and violent behaviour on a bad childhood, a bad day, and even on the victims of their abuse. An abusive partner may minimize the abuse or deny that it occurred. He will commonly shift the responsibility on to the survivor: Somehow, his violent and abusive behaviour is their fault.

Intimidation

The abuser may use a variety of intimidation tactics designed to scare their partner into submission. Such tactics include making threatening looks or gestures, smashing things in front of them, destroying property, hurting pets, or putting weapons on display. The clear message is that if they don't obey, there will be violent consequences

USING

ABUSE

making her feel guilty

EMOTIONAL

Putting her down • making her feel bad about herself . calling her

names . making her think she's crazy

playing mind games • humiliating her

Controlling what she does, who she sees and talks to, what she reads, where

she goes • limiting her outside

to justify actions.

involvement • using jealousy

USING ISOLATION

Emotional

An abuser will do everything he can to make the partner feel bad about or defective in some way. After all, if they believe they are worthless and that no one else will want them, they are less likely to leave. Insults, name-calling, shaming, and public put-downs are all weapons of abuse designed to erode self-esteem.

Isolation

In order to increase dependence on him, an abusive partner will cut their partner off from the outside world. He may keep them from seeing family or friends, or even prevent them from going to work or school. They may have to ask permission to do anything, go anywhere, or see