

# 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.

# 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

# 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

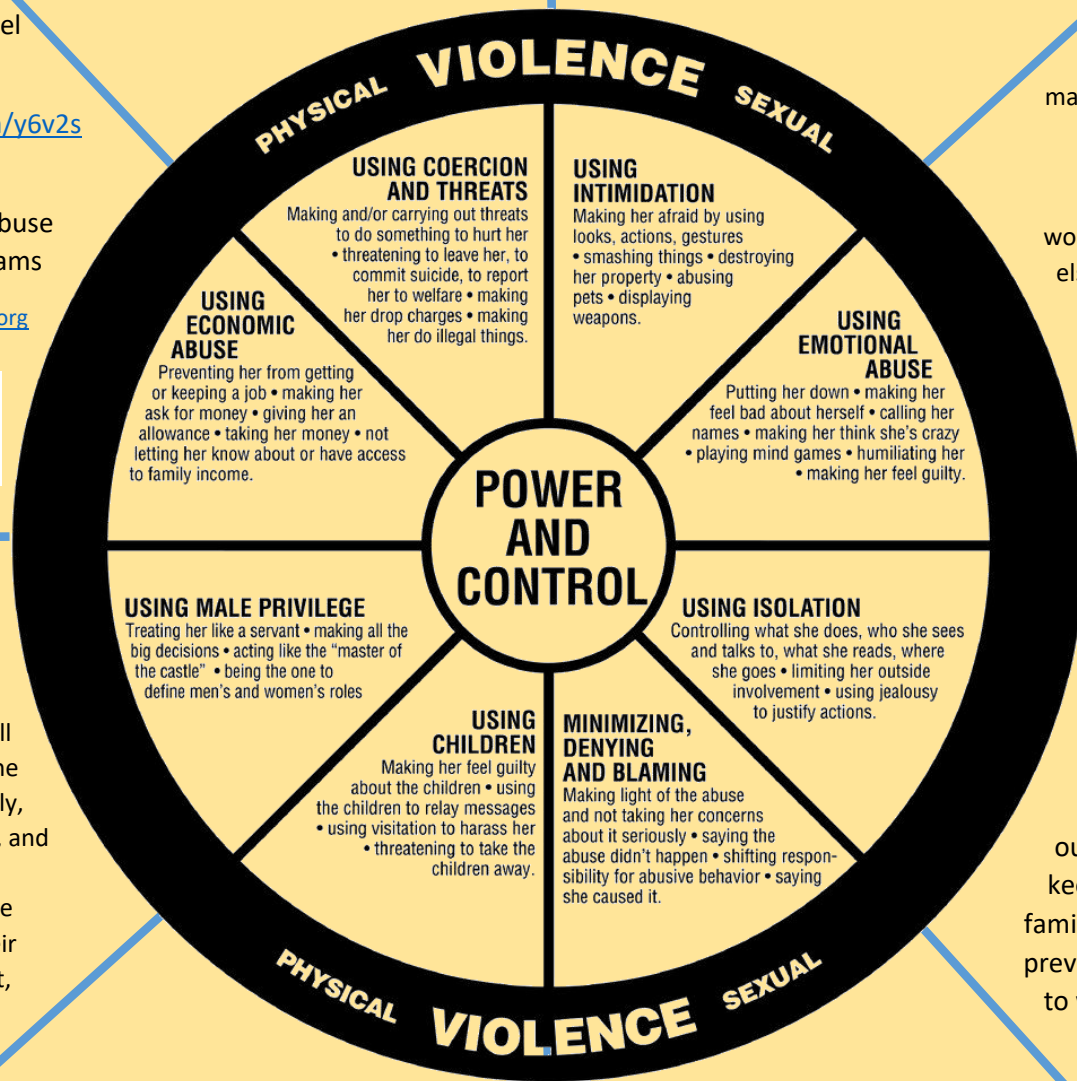
In order to increase dependence on him, an abusive partner will cut their partner off from the outside world. He may keep them from seeing family or friends, or even prevent them from going to work or school. They may have to ask permission to do anything, go anywhere, or see anyone.

To view videos describing the wheel Go to

<https://tinyurl.com/y6v2s68u>

Duluth Domestic Abuse Intervention Programs

[www.theduluthmodel.org](http://www.theduluthmodel.org)



# The Power & Control Wheel Explained:

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 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.