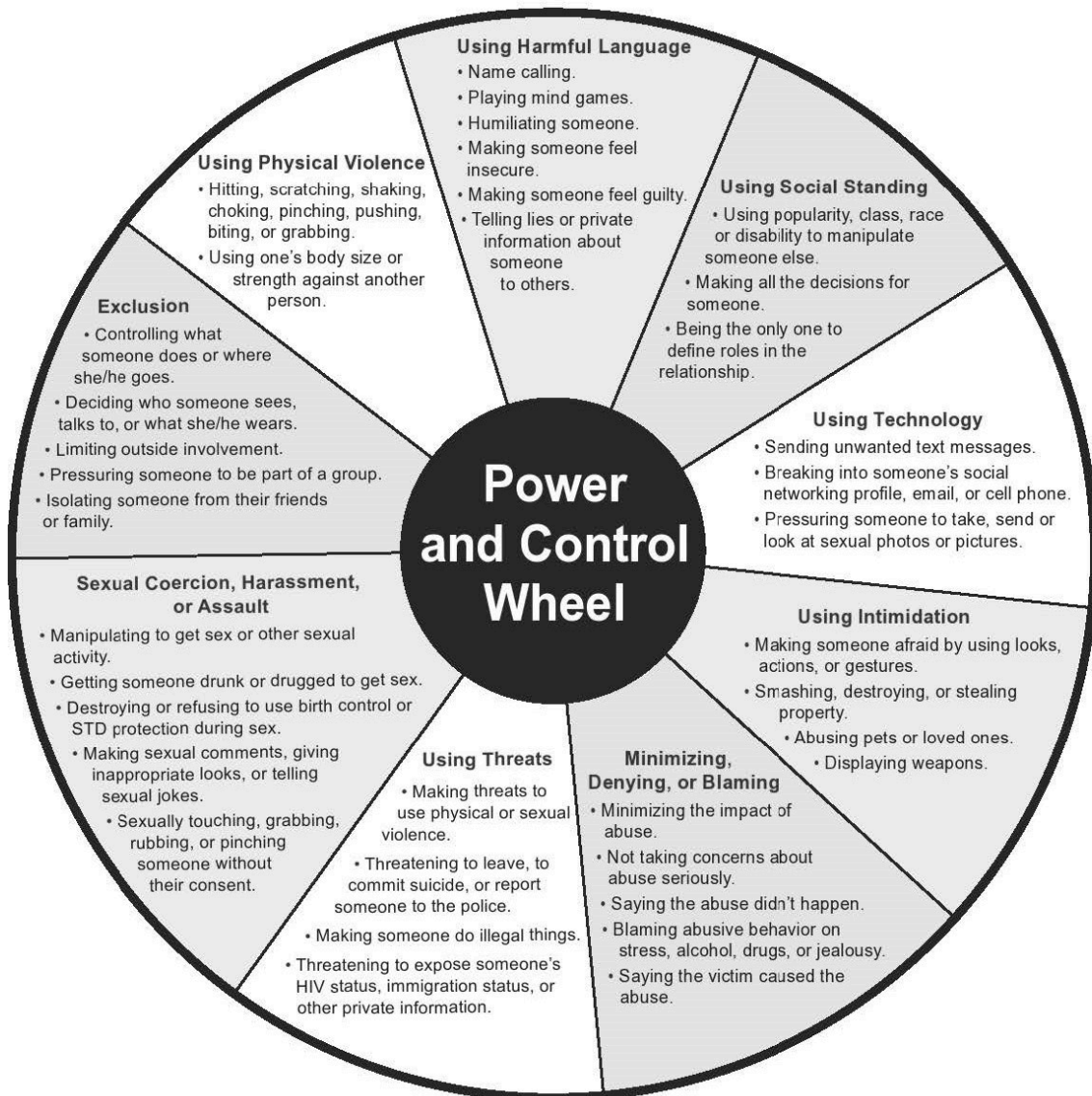


POWER AND CONTROL WHEEL

<https://safespace.msu.edu/info-resources/relationship-violence/power-control-wheel>

Most abusive relationships have one if not several of these dynamics and abuse tactics at play



Types of Domestic Violence or Abuse

Domestic violence or abuse can be characterized by any of the indicators of abuse outlined in this briefing relating to:

- psychological
- physical
- sexual/coercion/reproductive
- financial
- emotional/psychological/verbal
- stalking
- neglect

Types of Physical Abuse

Physical abuse is one of the most easily identified types of abuse. It involves the use of physical violence, or threats of it, to maintain power over an individual. Because of this, survivors are afraid and uncertain when more abuse will occur. This often reinforces the regular use of other, more subtle, types of abuse.

- Assault, hitting, slapping, punching, kicking, hair-pulling, biting, pushing, choke, kick, smother, shove.
- Rough handling
- Scalding and burning
- Physical punishments
- Inappropriate or unlawful use of restraint, restricting movement (e.g. tying someone to a chair, holding someone down)
- Making someone purposefully uncomfortable (e.g. opening a window and removing blankets)
- Involuntary isolation or confinement
- Misuse of medication (e.g. over-sedation)
- Forcible feeding or withholding food
- Forbid or prevent you from eating or sleeping.
- Use weapons against you, including firearms, knives, bats, or mace.

- Prevent you from contacting emergency services, including medical attention or law enforcement.
- Harm your children or pets.
- Drive recklessly or dangerously with you in the car or abandon you in unfamiliar places.
- Force you to use drugs or alcohol, especially if you have a history of substance abuse.
- Trapping you in your home or preventing you from leaving.
- Throw objects at you.
- Prevent you from taking prescribed medication or deny you necessary medical treatment.

Types of Sexual Abuse

Sexual abuse is when a partner controls the physical and sexual intimacy in a relationship. This often involves acting in a way that is non-consensual and forced. Some form of sexual abuse is common in abusive relationships but it is often the least discussed. It can be subtle or overt. The impact on the victim is commonly feelings of shame and humiliation.

Sexual abuse may include: physically forcing sex, making you feel fearful about saying no to sex, forcing sex with other partners, forcing you to participate in demeaning or degrading sexual acts, violence or name calling during sex, and denying contraception or protection from sexually transmitted diseases.

- Rape, attempted rape or sexual assault
- Continuing to do things that you have expressed make you feel objectified, or painful, or hurt you emotionally during sex
- Inappropriate touch anywhere
- Non- consensual masturbation of either or both persons
- Non- consensual sexual penetration or attempted penetration of the vagina, anus or mouth
- Any sexual activity that the person lacks the capacity to consent to
- Inappropriate looking, sexual teasing or innuendo or sexual harassment

- Sexual photography or forced use of pornography or witnessing of sexual acts
- Indecent exposure
- Make you dress in a sexual way you're uncomfortable with.
- Insult you in sexual ways or call you explicit names.
- Force or manipulate you into having sex or performing sexual acts, especially when you're sick, tired, or physically injured from their abuse.
- Strangle you or restrain you during sex without your consent.
- Hold you down during sex without your consent.
- Hurt you during sex even with weapons or objects.
- Involve other people in your sexual activities against your will.
- Ignore your feelings regarding sex.
- Force you to watch or make pornography/pornographic movies/objectification, things that make you uncomfortable
- Intentionally give you or attempt to give you a sexually transmitted infection.
- Walking in while you are changing, watching you shower, bathe, use the restroom, etc, despite repeated requests for privacy (voyeurism).

Sexual Coercion

Sexual coercion lies on the continuum of sexually aggressive behavior. It can range from begging and persuasion to forced sexual contact. But even if your partner isn't forcing you to perform sexual acts without your consent, making you feel obligated to do them is still sexual coercion.

No matter what type of relationship you are in, you never owe your partner intimacy of any kind.

- Implying that you owe them something sexually in exchange for previous actions, gifts, or consent.
- Giving you drugs or alcohol to "loosen up" your inhibitions.
- Using your relationship status as leverage, including by demanding sex as a way to "prove your love" or by threatening to cheat or leave.
- Reacting with sadness, anger, or resentment if you say no or don't immediately agree to something, or trying to normalize their sexual demands by saying that they "need" it.
- Continuing to pressure you after you say no or intimidating you into fearing what will happen if you say no.

Reproductive Coercion

Reproductive coercion is a form of power and control where one partner strips another of the ability to control their own reproductive system. It can be difficult to identify this form of coercion because it's often less visible than other types of abuse occurring at the same time and may appear as pressure, guilt, or shame about having or wanting children (or not having or wanting them).

- Refusing to use a condom or other types of birth control.
- Breaking or removing a condom before or during sex, or refusing to pull out.
- Lying about methods of birth control (i.e. having a vasectomy or being on the pill).
- Removing birth control methods like rings, IUDs, or contraceptive patches, or sabotaging methods by poking holes in condoms or tampering with pills.
- Withholding money to purchase birth control.
- Monitoring your menstrual cycles to inform their abuse.
- Forcing pregnancy or not supporting your decisions about when or if to have children.
- Intentionally becoming pregnant against your wishes.
- Forcing you to get an abortion or preventing you from getting one.
- Threatening you or acting violent if you don't agree to end or continue a pregnancy.
- Keeping you pregnant by getting you pregnant again shortly after you have a child.
-

Types of Psychological/Emotional/Verbal Abuse

Emotional abuse includes non-physical behaviors that are meant to control, isolate, or frighten someone. These behaviors are often more subtle and hard to identify but are just as serious as other types of abuse. Emotional abuse occurs in some form in all abusive relationships. It is a very effective tactic used by abusive partners to obtain power and control and it can cause extreme damage to the victim's self esteem. Commonly, emotional abuse makes the victim feel like they are responsible for the abuse and to feel crazy, worthless and hopeless. It is so damaging that many survivors of domestic violence report that they would rather have "been hit" than endure the ongoing

psychic damage of emotional abuse. Emotional abuse can include: constant put downs or criticisms, name calling, “crazy making”, acting superior, minimizing the abuse or blaming you for their behavior, threatening and making you feel fearful, isolating you from family and friends, excessive jealousy, accusing you of having affairs, and watching where you go and who you talk to. Mental or psychological abuse happens when one partner, through a series of actions or words, wears away at the other’s sense of mental wellbeing and health. It often involves making the victim doubt their own sanity. We’ve heard stories of abusers deliberately moving car keys (and in one case, the whole car!) or a purse, dimming the lights, and flat-out denying that certain things had taken place. The result of this, especially over a sustained period of time – and often with the isolation that abusers also tend to use – is that the victim depends on the abuser more and more because they don’t trust their own judgment. They also hesitate to tell anyone about the abuse they’re experiencing, for fear they won’t be believed. Angela, a participant in one of our Support Groups, said, “He had called me crazy so many times, I was unsure if anyone would ever believe me about the abuse.”

- Enforced social isolation – preventing someone accessing services, educational and social opportunities and seeing friends - causing issues with friendships, talking negatively about your friends, flirting with your friends and trying to get them to like them more than you, being jealous of your friendships, being unable to maintain friendships and relationships themselves
- Projecting their own failings, insecurities, issues, onto you - accusing you of what they do themselves
- Being kind, empathetic, loving, giving, complimentary, flirtatious, flirty, gentlemanly, with everyone but you to make you insecure and make themselves look good
- Lack of compliments - backhanded compliments - or negative comments about you constantly/frequently
- Taking credit for things you or others have done - compulsive lying and claiming things that are not true
- Constant violation of boundaries that you have requested or set no matter how small
- Refusing to do the things that you ask and instead doing the opposite
- Doing the very things to you that you have communicated to them were done to you in the past that were hurtful, etc.

- Demanding that you share about conversations with your friends and family - demanding you be vulnerable with them
- Removing mobility or communication aids or intentionally leaving someone unattended when they need assistance
- Preventing someone from meeting their religious and cultural needs
- Preventing the expression of choice and opinion - putting your preferences, hobbies, interests down. Commenting negatively about things you like and enjoy.
- Failure to respect privacy
- Preventing stimulation, meaningful occupation or activities - hijacking social hangouts, or activities that you enjoy, preventing furthered education or career choices.
- Intimidation, coercion, harassment, use of threats, humiliation, bullying, swearing or verbal abuse
- Addressing a person in a patronizing or infantilising way
- Threats of harm or abandonment
- Cyber bullying
- Calling you names, insulting you, or constantly criticizing you.
- Acting jealous or possessive and refusing to trust you
- Isolating you from family, friends, or other people in your life because it makes you easier to control.
- Monitoring your activities with or without your knowledge, including demanding to know where you go, who you contact, and how you spend your time.
- Attempting to control what you wear, including clothes, makeup, or hairstyles - talking negatively about the way you dress or look or constantly saying they like when you do your hair a different way, etc.
- Humiliating you in any way, especially in front of others.
- Flirting with people in front of you and then claiming they are not and they are just being friendly or being nice.
- Gaslighting you by pretending not to understand or refusing to listen to you; questioning your recollection of facts, events, or sources; trivializing your needs or feelings; or denying previous statements or promises.
- Threatening you, your children, your family, or your pets (with or without weapons).
- Damaging your belongings, including throwing objects, punching walls, kicking doors, etc.
- Blaming you for their abusive behaviors.
- Accusing you of cheating, or cheating themselves and blaming you for their actions.
- Commenting on other men/women's appearances to make you insecure

- Cheating on you to intentionally hurt you and threatening to cheat again to suggest that they're "better" than you.
- Telling you that you're lucky to be with them and that you'll never find someone better.
- Using their position as financial provider, therapist, pastor, doctor, social worker, leader, or their age and education, to manipulate you into thinking they know best.
- Triangulating other people against you to bully you into giving in to what they want or to make themselves look like a good person towards others so that you feel you can't say "no" to them. Bringing other people into your arguments and disagreements to take their side.
- Claiming they need to be in control because they are smarter. Putting you down for your upbringing.

Stalking

Stalking occurs when someone watches, follows, or harasses you repeatedly, making you feel afraid or unsafe, and may occur from someone you know, a past partner, or a stranger. This can include different types of abuse.

- Showing up at your home or workplace unannounced or uninvited.
- Getting your contact information from other people without asking your permission.
- Sending you unwanted texts, messages, letters, emails, or voicemails.
- Leaving you unwanted items, gifts, or flowers.
- Calling you and hanging up repeatedly or making unwanted phone calls to you, your employer, a professor, or a loved one.
- Using social media or technology to track your activities.
- Spreading rumors about you online or in person.
- Manipulating other people to investigate your life, including using someone else's social media account to look at your profile or befriending your friends in order to get information about you.
- Waiting around at places you spend time.
- Damaging your home, car, or other property.
- Hiring a private investigator to follow or find you as a way of knowing your location or movements.

Types of Financial or Material Abuse

Because abuse is about power and control, an abuser will use any means necessary to maintain that control, and often that includes finances. Financial or economic abuse occurs when an abusive partner extends their power and control into your financial situation.

Below are ways to identify the different types of abuse in your relationship pertaining to financial abuse. This form of abuse is one of the least commonly known but one of the most powerful tactics of entrapping a victim in the relationship. It is so powerful that many victims of abuse describe it as the main reason that they stayed in an abusive relationship or went back to one. Some forms of financial abuse include: giving you an allowance, not letting you have your own money, hiding family assets, running up debt, interfering with your job, and ruining your credit.

- Theft of money or possessions
- Fraud, scamming
- Preventing a person from education or career changes - claiming you don't need a degree or you don't need to work even though you want to.
- Preventing a person from accessing their own money, benefits or assets - whether just preventing it through the fear of their anger if you spend any money without asking their permission
- Refusing to allow you to buy the things you feel you need because they do not view it as a need - having a double standard for themselves and anything they want to spend money on is okay
- Providing an allowance and closely monitoring how you spend it, including demanding receipts for purchases.
- Depositing your paycheck into an account you can't access.
- Preventing you from viewing or accessing bank accounts.
- Stopping you from working, limiting the hours that you can work, getting you fired, or forcing you to work certain types of jobs.

- Maxing out your credit cards without permission, not paying credit card bills, or otherwise harming your credit score.
- Stealing money from you, your family, or your friends.
- Withdrawing money from children's savings accounts without your permission.
- Living in your home but refusing to work or contribute to the household.
- Forcing you to provide them with your tax returns or confiscating joint tax returns.
- Refusing to provide money for necessary or shared expenses like food, clothing, transportation, medical care, or medicine.
- Undue pressure, duress, threat or undue influence put on the person in connection with loans, wills, property, inheritance or financial transactions
- Arranging less care than is needed to save money to maximize inheritance
- Denying assistance to manage/monitor financial affairs
- Denying assistance to access benefits
- Misuse of personal allowance in a care home
- Misuse of benefits or direct payments in a family home
- Someone moving into a person's home and living rent free without agreement or under duress
- False representation, using another person's bank account, cards or documents
- Exploitation of a person's money or assets, e.g. unauthorized use of a car
- Misuse of a power of attorney, deputy, appointeeship or other legal authority
- Rogue trading – e.g. unnecessary or overpriced property repairs and failure to carry out agreed repairs or poor workmanship

Types of Neglect and Acts of Omission

While it may be difficult to identify emotional neglect, there are some telltale signs that could help you recognize it in your marriage. Many ways this behavior can play out in a marriage includes invalidating your partner, ignoring your partner or their bids for connection, or disregarding the vulnerabilities they share or boundaries they assert.

- Their 'go-to' person is a friend or other rather than you - they want you to go to someone else rather than them.
- Lack of compliments or loving words of encouragement
- Lack of clarity about what you want regardless of how often it is communicated - claiming to not understand or remember what you have asked
- Feelings of being 'alone' in the relationship.
- Lack of desire to engage in social activities as a couple.

- Preferring periods of solitude over time with their partner.
- Difficulty in self-soothing when facing stress or conflict.
- They shut down or withdraw when you raise issues.
- Prone to 'numbing out' or ignoring and suppressing their feelings.
- Easily overwhelmed; a sense of helplessness/powerlessness.
- Excessive feelings of a need to control you, finances, etc.
- Experiencing consistent feelings of not belonging when with family and friends.
- Tending to procrastinate with plans (i.e., having children, traveling, setting long-term goals) - feeling you need to handle everything yourself
- Feeling you cannot be yourself with your partner.
- Failure to provide or allow access to food, shelter, clothing, heating, stimulation and activity, personal or medical care
- Providing care in a way that the person dislikes
- Failure to administer medication as prescribed
- Refusal of access to visitors
- Not taking account of individuals' cultural, religious or ethnic needs
- Not taking account of educational, social and recreational needs
- Ignoring or isolating the person
- Preventing the person from making their own decisions
- Preventing access to glasses, hearing aids, dentures, etc.
- Failure to ensure privacy and dignity

Types of Self-Neglect

- Lack of self-care to an extent that it threatens personal health and safety
- Neglecting to care for one's personal hygiene, health or surroundings
- Inability to avoid self-harm
- Failure to seek help or access services to meet health and social care needs
- Inability or unwillingness to manage one's personal affairs

<https://www.scie.org.uk/safeguarding/adults/introduction/types-and-indicators-of-abuse>

<https://www.thehotline.org/resources/types-of-abuse/>