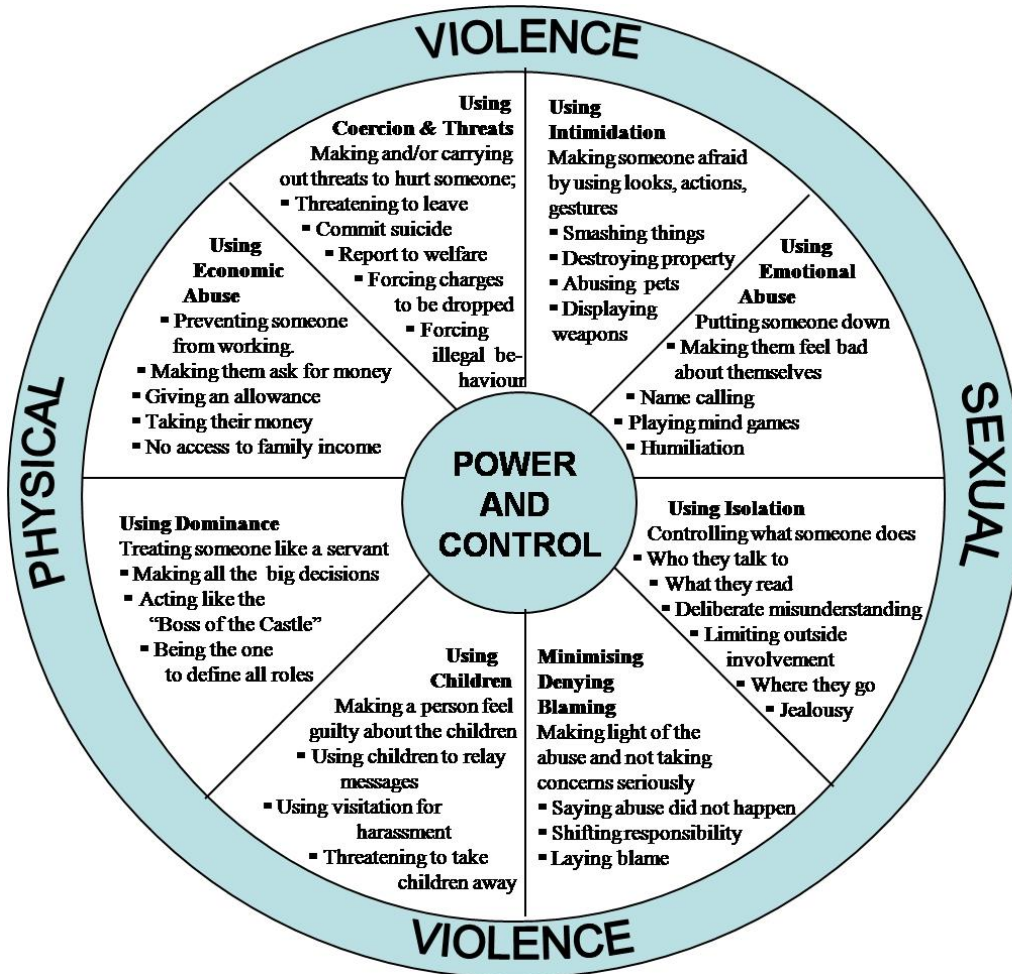


The Power & Control Wheel

The Power and Control Wheel illustrates the range of controlling behaviours and actions used by perpetrators of domestic violence. The wheel helps to demonstrate that domestic violence is a pattern of deliberate behaviours intended to create and maintain power and control over another person and usually involves multiple forms of abuse.



Like a flexible glue that binds, there is the emotional part of the power and control cycle – the mental put downs, criticism, dissatisfaction and threats, with occasional “ever so sincere” declarations of love. Dangling as the bait are promises of future happiness – to keep the victim off balance and hoping that the relationship will work after all. Over time, the various forms and combinations of these aspects of abuse become a form of terrorism that permeates every aspect of life. It eats away at the victim’s soul – taking away their individuality, confidence, self-worth, and their ability to make self-protective decisions.