The power and control wheel

Physical and sexual violence

Using coercion and threats
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 her do illegal things

Using intimidation
Making her afraid by using looks, actions or gestures; smashing things; destroying her property; abusing pets; displaying weapons

Using economic abuse
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 intimidation
Putting her down; making her feel bad about herself; calling her names; making her think she's crazy; playing mind games; humiliating her; making her feel guilty

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 emotional abuse
Putting her down; making her feel bad about herself; calling her names; making her think she's crazy; playing mind games; humiliating her; making her feel guilty

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

Using isolation
Controlling what she does, who she sees and talks to, what she reads, where she goes; limiting her outside involvement; using jealousy to justify actions

Using minimising, denying and blaming
Making light of the abuse and not taking her concerns seriously; saying the abuse didn't happen; shifting responsibility for abusive behaviour; saying she caused it