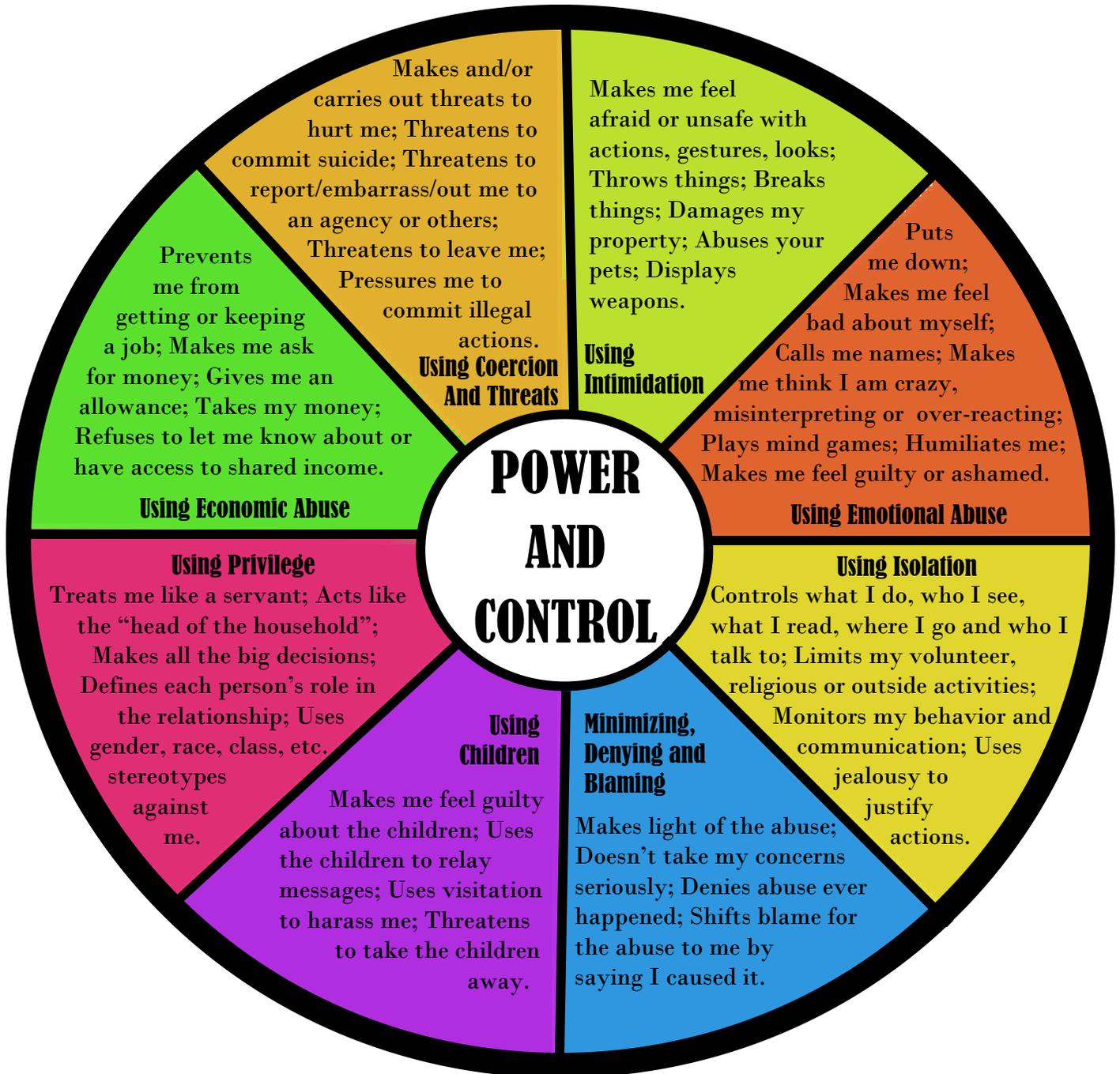


# Power & Control Wheel



## The Power and Control Wheel

Developed by the *Domestic Abuse Intervention Project* in Duluth, Minnesota, the Power and Control Wheel illustrates the tactics an abuser uses on their victim. Constantly surrounded by threats and/or actual physical and sexual abuse, the victim is subjected to the various tactics listed in the spokes as the abuser attempts to exert complete power and control.

\*adapted by Jen Snider to be gender neutral and with slight modifications not included in the original