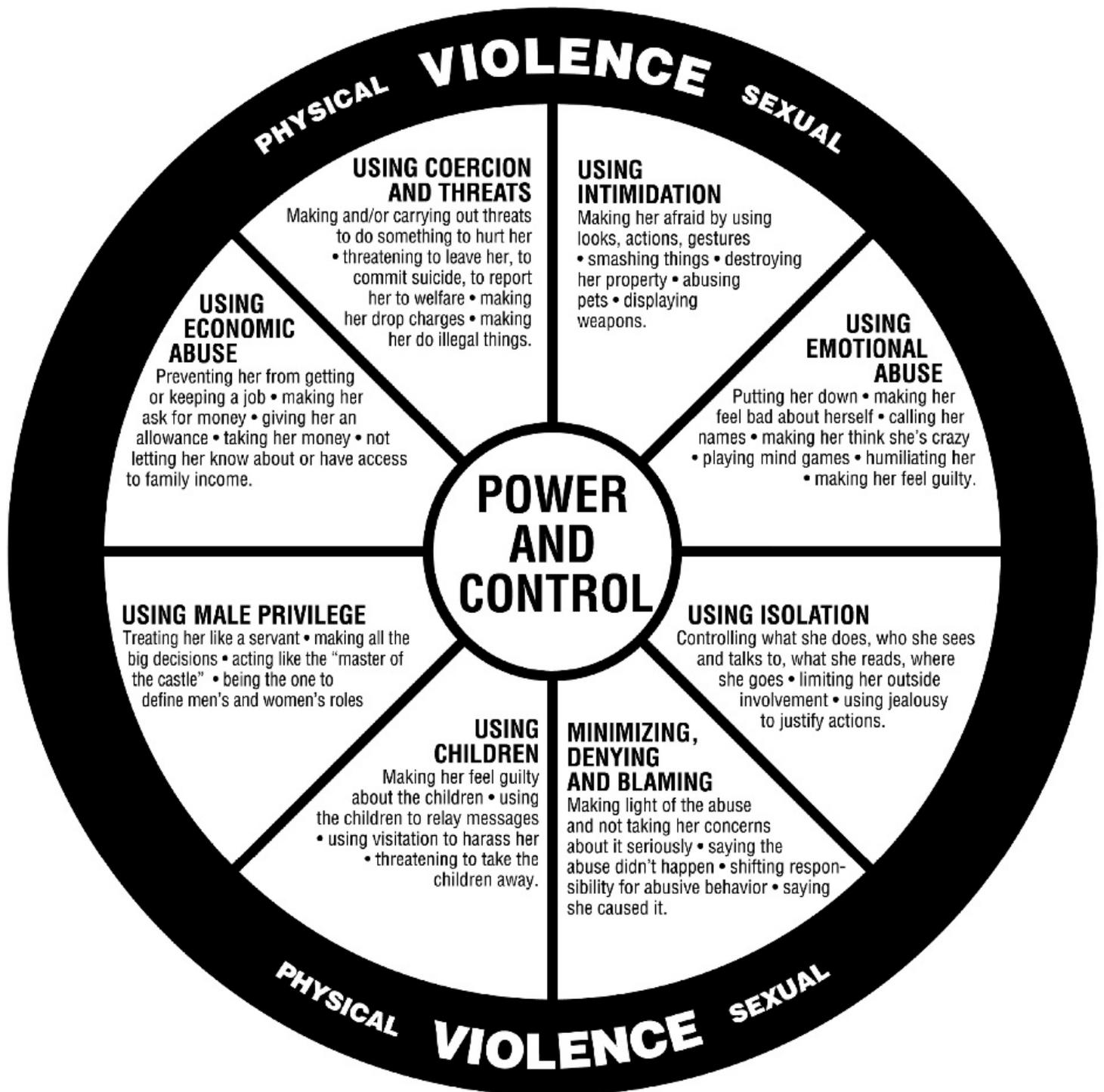


# Power and Control Wheel

## The types of domestic violence



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street  
Duluth, Minnesota 55802  
218-722-2781  
[www.theduluthmodel.org](http://www.theduluthmodel.org)

The Power and Control wheel is a way of visually representing the tactics typically used by men who batter. By batter, we mean the ongoing pattern of violence, coercion, intimidation and abuse in an intimate relationship.

The graphic was created in 1982 as part of a curriculum for a court ordered program for men who batter. It was developed out of the experiences of women who were battered and attending support and educational groups in Duluth, Minnesota.

The Power and Control Wheel represents the lived experience of women who live with a man who is violent towards them. It does not attempt to give a broad understanding of all violence in the home or community but instead offers a more precise explanation of the tactics men use to batter women.

Battering is one form of domestic or intimate partner violence. It is characterized 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 center of the wheel. A batterer systematically uses threats, intimidation, and coercion to instill fear in his partner. These behaviors are the spokes of the wheel.

The use of the wheel is to help you know that you are not alone in this experience.

The goal is to take the blame from the victim and place it where it belongs, on the abuser.

To help you know that you can reach out to the resources in our community for help.

The wheel has a copywrite from - <https://www.theduluthmodel.org/>

To see more of each of the spokes of the wheel, visit <https://www.theduluthmodel.org/>

Law Office of Lisa A Vance has been granted use of the wheel on this website.

**IF YOU RECOGNIZE YOUR LIFE – GET HELP**

**IT WILL ONLY GET WORSE - UNLESS YOU DO SOMETHING**

**If you are in immediate danger, please call 911.**

Family Violence Prevention Services, Inc., (FVPS) <http://fvps.org>  
Battered Women And Children's Shelter (BWCS)

7911 Broadway

San Antonio, TX 78209

Hotline: (210) 733-8810

Phone: (210) 930-3669

Web: <http://fvps.org>

## National Domestic Violence

Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY). anonymous,  
confidential help, 24/7,

Bexar County District Attorney's Office

210-335-2311

If you are a victim of domestic violence,  
have a plan of action for you, your children and your pets.

**NOW - Think out that PLAN**

**Where you will go?**

**Do you have enough money hidden away to get there?**

**Hide what you need to take with you.**

**Know how to get to your kids and your animals.**

**Write it down SOMEWHERE SAFE, THAT YOUR ABUSER CAN'T FIND.**

**It is hard to think clearly in the swirling fury of the hurricane.**