

Purpose of the 'Power & Control Wheel'

"...it shows a victim that they are not alone in what they are experiencing, and that these tactics of maintaining power and control are common to abusers."

Source: National Domestic Violence Hotline

'POWER AND CONTROL' WHEEL



What is 'Power and Control'?

"Abusive power and control (also controlling behavior and coercive control) is the way that an abusive person gains and maintains power and control over another person in order to subject that victim to psychological, physical, sexual, or financial abuse"

Source: https://en.wikipedia.org/wiki/Abusive_power_and_control

