



What is the
**POWER &
CONTROL
WHEEL?**

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About the Power & Control Wheel

Why was the Power and Control Wheel created?

In 1984, staff at the Domestic Abuse Intervention Project (DAIP) began developing curricula for groups for men who batter and victims of domestic violence. We wanted a way to describe battering for victims, offenders, practitioners in the criminal justice system and the general public. Over several months, we convened focus groups of women who had been battered. We listened to heart-wrenching stories of violence, terror and survival. After listening to these stories and asking questions, we documented the most common abusive behaviors or tactics that were used against these women. The tactics chosen for the wheel were those that were most universally experienced by battered women.

Why is it called the Power and Control Wheel?

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. Physical and sexual violence holds it all together—this violence is the rim of the wheel.

Why was the Equality Wheel created?

The Equality Wheel was developed not to describe equality per se, but to describe the changes needed for men who batter to move from being abusive to non-violent partnership. For example, the “emotional abuse” segment on the Power and Control Wheel is contrasted with the “respect” segment on the Equality Wheel. So the wheels can be used together as a way to identify and explore abuse, then encourage non-violent change.

How is the Power and Control Wheel used?

The wheel is used in many settings and can be found in manuals, books, articles, and on the walls of agencies that seek to prevent domestic violence. It has even been seen by millions on national television shows and soap operas!

Many women’s groups use the Power and Control Wheel. Battered women can point to each of the tactics on the wheel and clearly explain how these behaviors were used against them. They are able to see that they are not alone in their experience and more fully understand how their batterer could exert such control over them.

The wheel is also used in counseling and education groups for men who batter to help group participants identify the tactics they use. By seeing that their behavior is not atypical for men who batter, there is an impetus (for those who are motivated to change) to explore the beliefs that contribute to their behavior. The Power and Control Wheel is used in concert with the Equality Wheel to help group participants see alternate ways of being in a relationship with a woman, free of violence and controlling behavior.

The wheel is also used in a variety of settings to describe battering. For instance, in training for law enforcement or prosecutors, the wheel provides an explanation for why a victim might return to an abusive spouse or why victim is refusing to cooperate in a criminal prosecution.

The wheel makes the pattern, intent and impact of violence visible.

Source: <https://www.theduluthmodel.org/wheels/faqs-about-the-wheels/>



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Post-Separation Power and Control Wheel

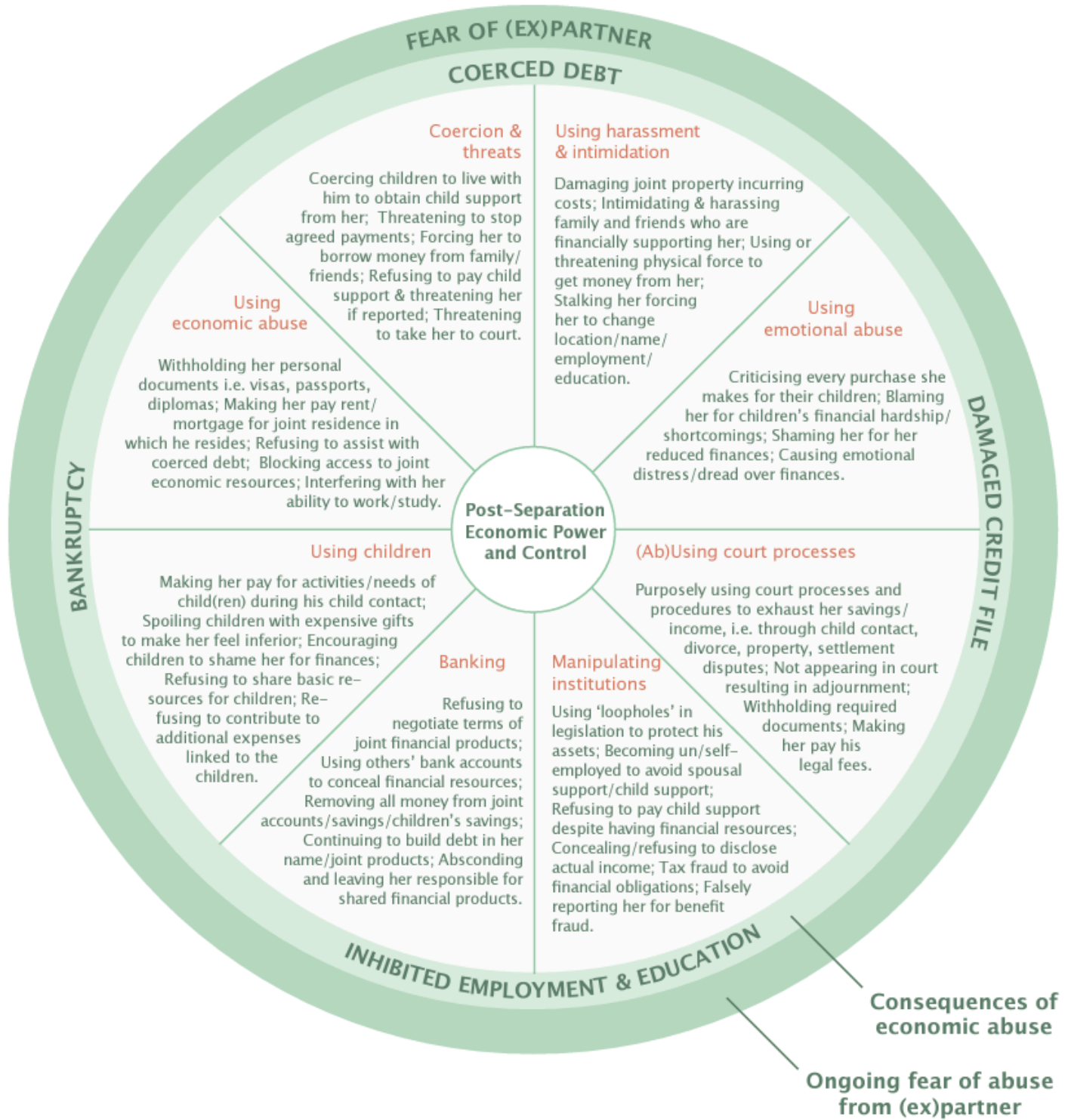


Source: <https://www.theduluthmodel.org/wp-content/uploads/2021/10/Post-Separation-Power-and-Control.pdf>



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Post-Separation Economic Power and Control Wheel



Source: https://www.theduluthmodel.org/wp-content/uploads/2023/03/Post-Separation_Economic_NarrativeGlinski-2021.pdf



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Power and Control Wheel Videos

1

Understanding the Power and Control Wheel



2

Coercion and Threats



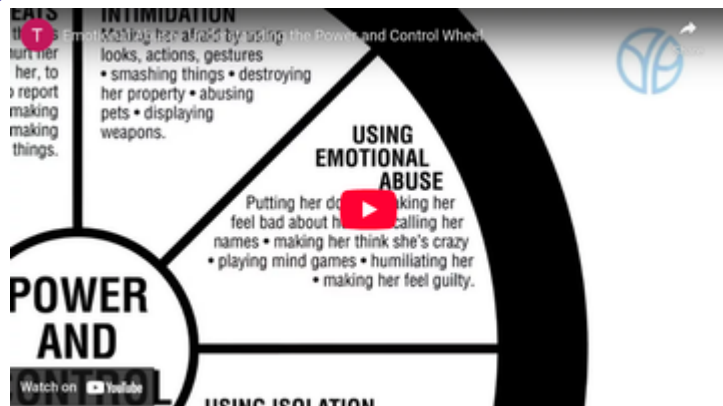
3

Intimidation



4

Emotional Abuse



5

Isolation



6

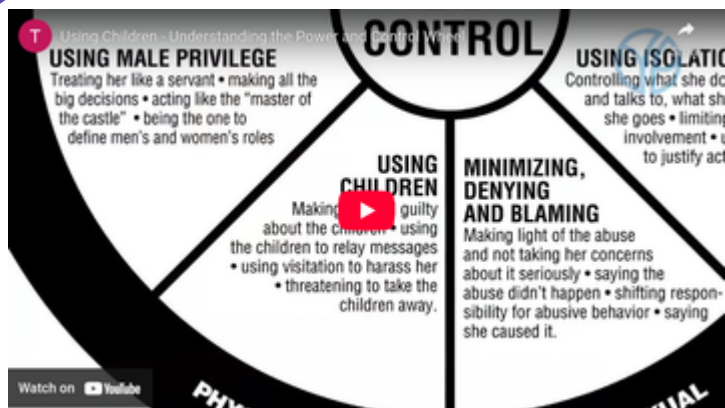
Minimizing, Denying and Blaming



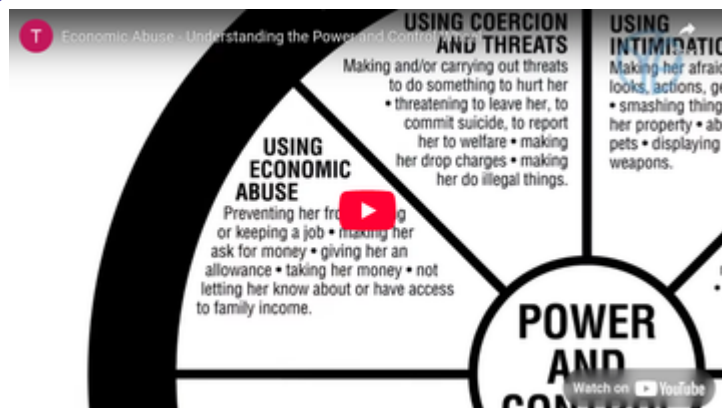
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Power and Control Wheel Videos

7 Using Children



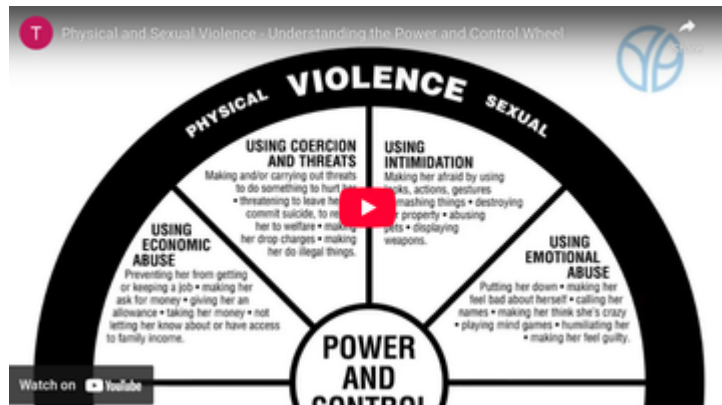
8 Economic Abuse



9 Male Privilege



10 Physical and Sexual Violence



Source: <https://www.theduluthmodel.org/wheels/>



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