

Power and Control Wheel (The Duluth Model)

At the **center** of the wheel is **POWER AND CONTROL**, which represents the abuser's goal. Surrounding it are **different tactics** used to maintain control. The **outer ring** represents **physical and sexual violence**, which reinforces these tactics.



DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street
Duluth, Minnesota 55802
218-722-2781
www.TheDuluthModel.org

The Tactics of Abuse (Spokes of the Wheel)

1. Using Intimidation

- Making the victim afraid through looks, gestures, or actions
- Destroying property, abusing pets, displaying weapons

2. Using Emotional Abuse

- Putting the victim down, making them feel bad
- Calling them names, making them think they are crazy
- Gaslighting, humiliation, guilt-tripping

3. Using Isolation

- Controlling what they do, who they see, where they go
- Cutting them off from family, friends, and outside support
- Justifying it by saying it's about "love" or "protection"

4. Minimizing, Denying, and Blaming

- Making light of the abuse, saying it wasn't that bad
- Shifting blame onto the victim ("You made me do it")
- Denying the abuse ever happened

5. Using Children

- Guilt-tripping by saying the children will suffer if they leave
- Using custody threats to control the victim
- Manipulating children to turn against the victim

6. Using Male Privilege (or Entitlement in Any Power-Dynamic Relationship)

- Treating the victim as a servant, making all the big decisions
- Acting like the "boss" of the relationship
- Enforcing traditional gender roles unfairly

7. Using Economic Abuse

- Preventing access to money, controlling finances
- Keeping them dependent, not allowing them to work

- Running up debts in their name

8. Using Coercion and Threats

- Threatening to leave, take the children, harm themselves
- Making the victim do illegal things
- Forcing compliance through fear