

Power *and control* wheel

The model shows that abuse in a close relationship is rarely a single outburst. It is a set of behaviours that together serve one purpose: gaining and keeping power over another person. Physical and sexual violence form the rim that holds the whole wheel together.



Coercion and threats

Threatening harm, leaving or suicide, threatening that loved ones will suffer, stalking and harassment.

Intimidation

Causing fear with looks, gestures, shouting, smashing things or blocking the way out.

Emotional abuse

Putting you down, name-calling, ridicule, guilt-tripping, undermining your identity and your own judgement.

Isolation

Controlling who you see and where you go, limiting contact, demanding an account of every outing.

Minimising, denying, blaming

Saying nothing happened or that it is your fault, shifting responsibility, calling abuse "just an argument".

Using children

Making you feel guilty about the children, passing messages through them, threatening to take them away.

Using privilege

Treating the other person like a servant, making all the big decisions, imposing roles in the relationship.

Economic abuse

Getting in the way of work or study, rationing money, taking cards, cutting off access to shared assets.