Power and Control

Destruction of Personal Property
destroying personal effects (pictures, letters, clothing, gifts), ruining belongings or causing damage to partner’s home or auto

Threats, Anger & Intimidation
using looks, actions, expressions or a loud voice to intimidate partner, smashing or throwing objects, threatening to leave partner, or abandoning in a dangerous place

Jealousy, Isolation, Possessiveness, and Restriction of Freedoms
using jealousy as a sign of love instead of insecurity, controlling what partner does, whom partner sees and talks to, where partner goes, refusing to let partner work or join activities, dropping by to watch activities

Abuse of Privileges
making all the decisions, going out with friends, but not allowing partner to, walking out on an argument and leaving, doing all the telephoning, and expecting partner to be there

Sexual Abuse
unwanted or uncomfortable touching, continual sexual advances after being told "no," forced sex, "playful" use of force during sex, treating partner like sex object

Psychological and Emotional Abuse
putting partner down and making him/her feel bad about self, mind games or making partner feel crazy, telling secrets to others, ignoring or giving "silent treatment"

Verbal Abuse
name calling, criticizing, publicly humiliating, put downs, and embarrassment

Physical Abuse
any attempt to hurt or scare partner physically: hitting, biting, hair-pulling, grabbing, pushing, shoving, tripping, and kicking

Dating/Relationship Power and Control Wheel