Identifying Abusive Behaviors
The Power and Control Wheel

The power and control wheel is a tool created by researchers working with abusive men. It is used to help define and identify some of the behaviors used by abusers to maintain power and control over an intimate partner. In the center of the wheel are the words "Power and Control" which are the issues at the core of domestic violence. On the outer edge of the wheel are the words "Physical and Sexual Violence" which represent the more extreme forms of abuse that abusers use when the inner spokes are no longer "working" for them.

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