

POWER AND CONTROL WHEEL

(*Revised)



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DEFINITIONS

Using Physical Abuse: Any unwanted physical contact, especially that which may cause fear, pain or injury whether done directly or indirectly.

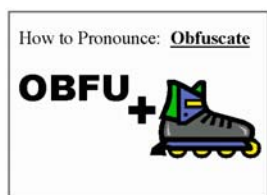
Using Sexual Abuse: Any contact, statements, or actions which are intended to cause or result in physical, emotional or psychological sexual injury to another person.

Using Intimidation: Any physical action taken or omitted which invokes a fear of negative consequences.

Using Threats: Statements which promise negative consequences for certain behaviors or actions.

Using Coercion: Statements or actions which imply, indirectly, negative or positive consequences for a certain behavior or action.

Using Emotional abuse: Any statements, actions or lack of action, which is intended to or results in a partner experiencing any emotional or psychological injury.



Using Obfuscation: Any action of obscuring, concealing or changing people's perceptions, which result in your advantage and/or her disadvantage.

Using Isolation: Any actions intended to or resulting in her physical, psychological, emotional or social disruption or separation from those people, places or things she is attached to or enjoys.

Using Economic abuse: Any action, which limits her ability to earn, have access to or manage the economic resources in her life.

Using others or children: Any direct or indirect action involving children, other people, pets or social institutions used as leverage to gain advantage.

Using Male Privilege (privus = private; leg = law): Any action or inaction based on attitudes or beliefs that you have special or exalted status over others, particularly women.

Using Myths: Ill-founded beliefs held uncritically, especially by an interested group.