

POWER & CONTROL WHEEL

Domestic violence is a pattern of behaviors used to gain or maintain power and control.

The Power & Control Wheel assumes she/her pronouns for the victim and he/him pronouns for the perpetrator, but the abusive behavior that it details can happen to people of any gender or sexuality.



The wheel serves as a diagram of tactics that an abusive partner uses to keep their victims in a relationship. The inside of the wheel is made up of subtle, continual behaviors over time, while the outer ring represents physical and sexual violence. Abusive actions like those depicted in the outer ring often reinforce the regular use of other, more subtle methods found in the inner ring.