



Have a look at the Power and Control Wheel.

This is a diagram of tactics that an abusive partner uses against their victim in a relationship to stay in control. The inside of the wheel is made up of subtle, continual behaviours over time, while the outer ring represents physical and sexual violence.



Think about the the items in the wheel that relate to you and enter them in the fields on the following page.

Enter type of abuse

Using coercion and threats

Enter type of abuse

Using intimidation

Enter type of abuse

Using emotional abuse

Enter type of abuse

Using isolation

Enter type of abuse

Using minimising, denying
and blaming

Enter type of abuse

Using children

Enter type of abuse


Using male privilege

Enter type of abuse

Using economic abuse

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