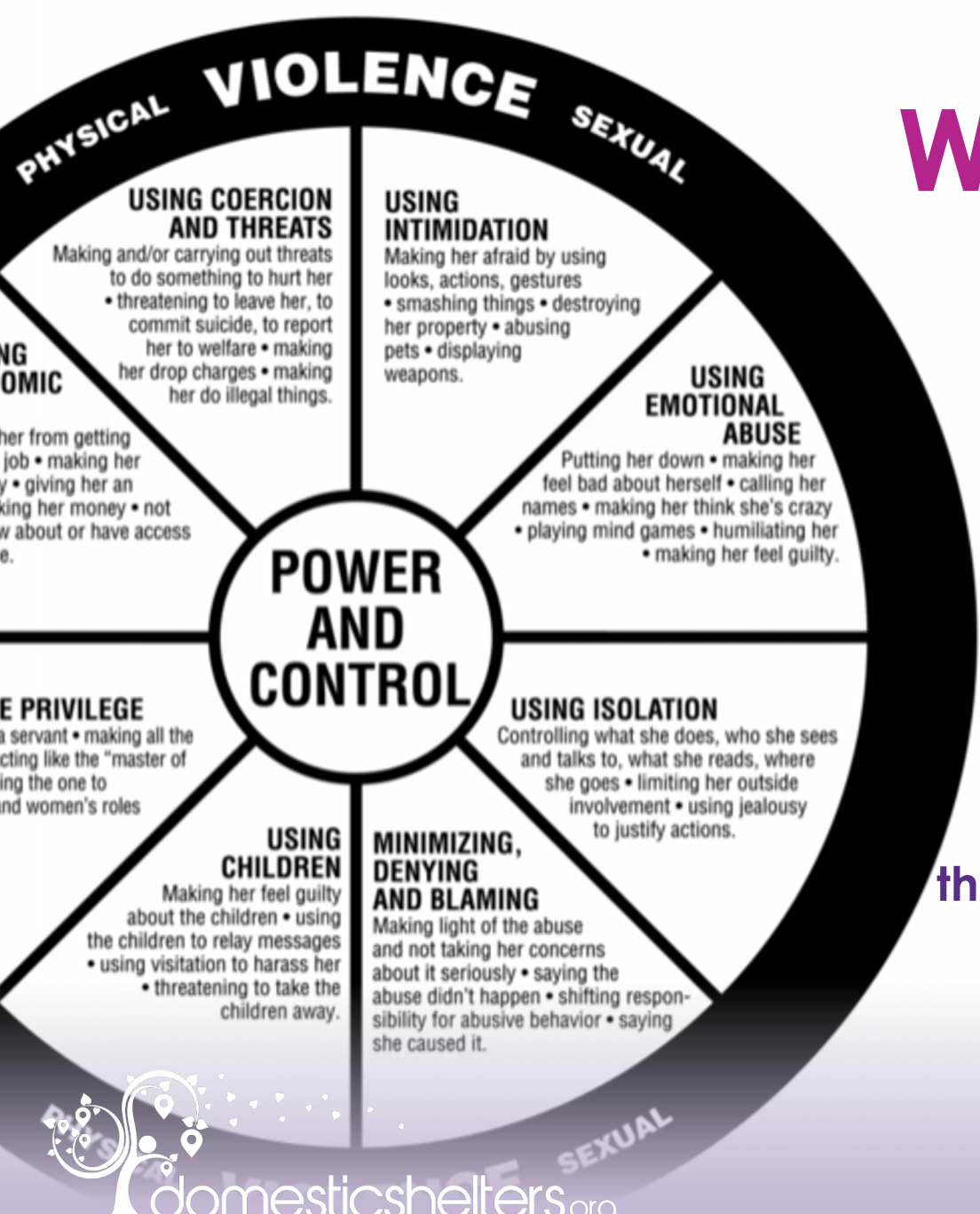
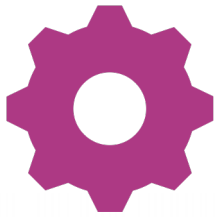


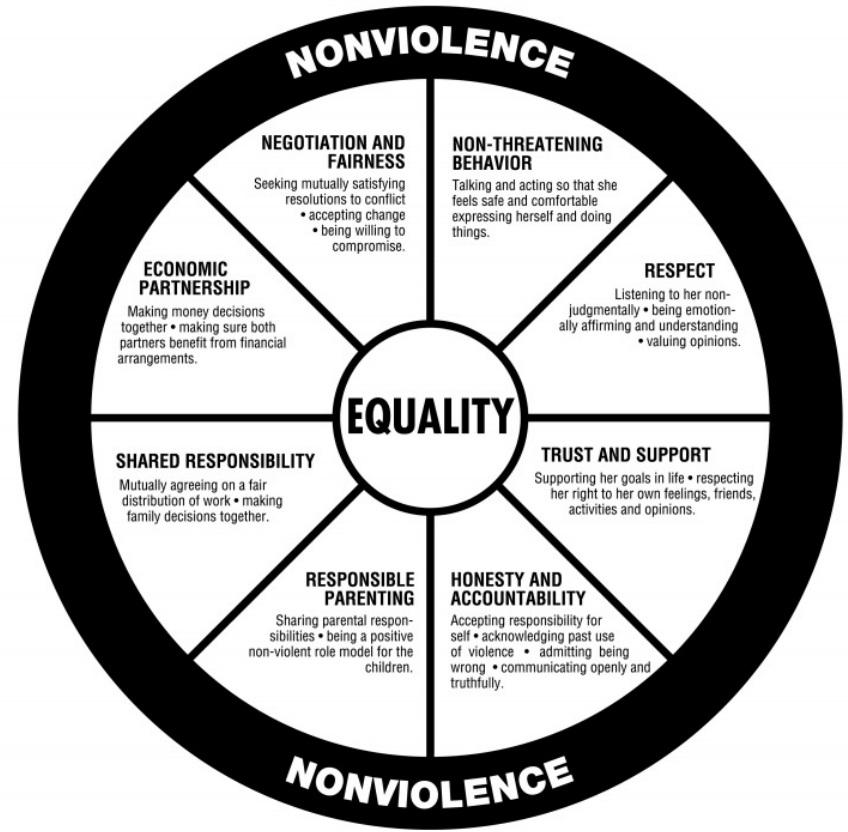
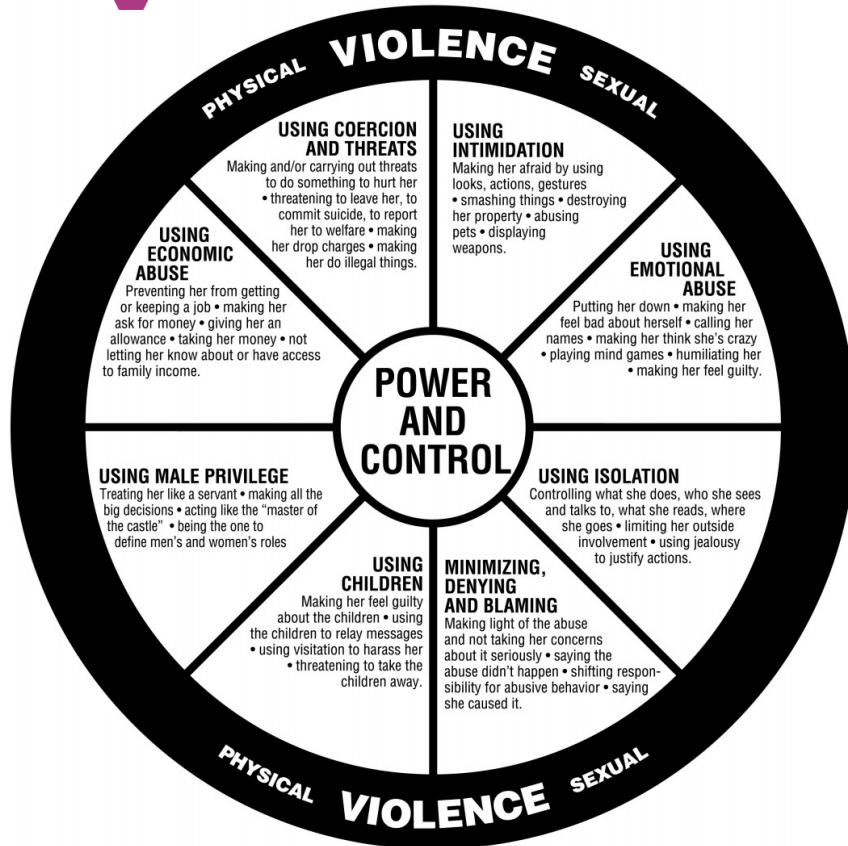
What Are the Power and Control Wheels?



A comprehensive guide to helping you understand the power and control wheels



Power and Control Wheels



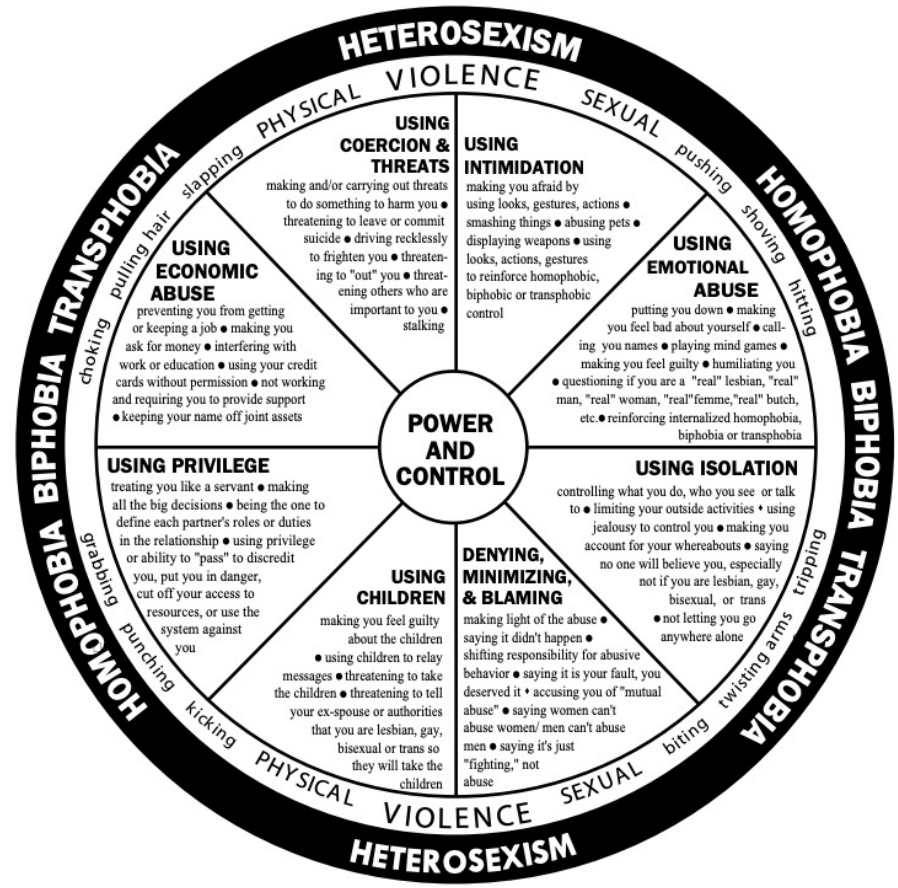


Power and Control Wheels

Abuse in Later Life Wheel



Gay, Lesbian, Bisexual and Trans Power and Control Wheel



Many survivors of domestic abuse and violence will say that the first time they saw the Power and Control Wheel, what they were going through suddenly made sense.

This visual aid, used by advocates, psychologists, educators, healthcare workers and similar, outlines the common tactics used by abusers.

This toolkit will provide you with these insights and more. Inside you'll find:

- Helpful Articles
- Recommended Books
- Lists
- Danger Assessments
- In-Depth Videos
- Survey Results
- Support Communities
- How to Find Help



There are hundreds of articles on DomesticShelters.org covering the many facets of domestic violence. Here are links to those that will help you answer the question, “What Are the Power and Control Wheels?”

[What Are the Power and Control Wheels?](#)

A comprehensive guide to the many versions of this helpful illustration that outlines tactics abusers use.

[The Equality Wheel Explained](#)

What is it and how is it different from the Power and Control Wheel?

[Is the 'Cycle of Violence' Outdated?](#)

Advocates say look to the Power and Control Wheel to understand domestic violence.

[Survivor Story: Kit Gruelle](#)

From nearly dead to devoting her life advocating for others.

[Am I Being Abused?](#)

A comprehensive guide to help you identify domestic violence and abuse.

[Ask Amanda: Why Do I Keep Giving Him Another Chance?](#)

Trauma bonding is why some survivors feel an attachment to an abusive partner.

[What Is Emotional Abuse?](#)

A tactic of abuse that is hard to spot and even harder to prove.

[What is Coercive Control?](#)

A Q&A with author, activist and professor Lisa Aronson Fontes, PhD.

[Sleep Deprivation Used as Abuse Tactic](#)

Some abusers punish survivors for falling asleep, then for making mistakes when exhausted.

[Beyond a Bruise](#)

Would you recognize abuse even if it didn't leave a mark?

[A Guide to Coercive Control](#)

How to recognize this subtle yet dangerous form of domestic abuse.

[Abuse Almost Always Escalates](#)

Be aware, abusers continually ramp up their abusive tactics.

[From Romance to Isolation: Understanding Grooming](#)

Anyone can fall for the sinister manipulations of an abusive partner.

[What Is Domestic Violence?](#)

Helping you understand domestic violence and abuse.

[My Experience With Coercive Control](#)

Anyone can become a victim of coercive control.

[What is Physical Abuse?](#)

This comprehensive guide breaks down what's involved in physical abuse.

[The Mind-Trip That Is Emotional Abuse](#)

How to recognize the signs of an abuse that leaves no bruises.

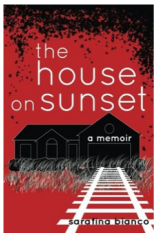
[When Abusers Use Sexual Abuse to Control](#)

It can take on many forms beyond rape.

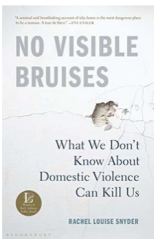


Reading books can be a helpful way to understand if you're a victim of abuse and understand the abuser's behavior.

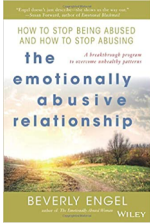
Here are our recommended reads:



The House on Sunset. Sarafina Bianco was once a teacher with dreams far outside the classroom. When her boyfriend cheated on her, Sarafina eventually looked online for his replacement. She met Mike. This memoir puts to rest a broken home. Each chapter is a different glimpse into the cycle of domestic violence, where honeymoon phases and traumas coexist. Everyone could fall victim to abusers.



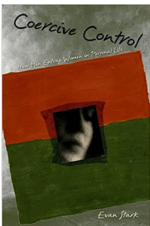
No Visible Bruises: What We Don't Know About Domestic Violence Can Kill Us. In *No Visible Bruises*, journalist Rachel Louise Snyder gives context for what we don't know we're seeing. She frames this urgent and immersive account of the scale of domestic violence in our country around key stories that explode the common myths—that if things were bad enough, victims would just leave; that a violent person cannot become nonviolent; that shelter is an adequate response; and most insidiously that violence inside the home is a private matter, sealed from the public sphere and disconnected from other forms of violence.



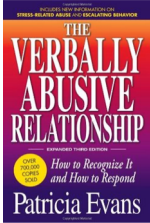
The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing. The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is phenomenal, and yet emotional abuse is the least understood form of abuse. In this breakthrough book, Beverly Engel, one of the world's leading experts on the subject, shows us what it is and what to do about it.



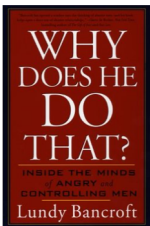
Crazy Love. At 22, Leslie Morgan Steiner seemed to have it all: good looks, a Harvard diploma, a glamorous job in New York City. Plus a handsome, funny boyfriend who adored her. But behind her façade of success, this golden girl hid a dark secret. She'd made a mistake shared by millions: she fell in love with the wrong person.



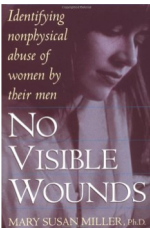
Coercive Control: How Men Entrap Women in Personal Life (Interpersonal Violence). One of the most important books ever written on domestic violence, Coercive Control breaks through entrenched views of physical abuse that have ultimately failed to protect women. Evan Stark, founder of one of America's first battered women's shelters, shows how "domestic violence" is neither primarily domestic nor necessarily violent, but a pattern of controlling behaviors more akin to terrorism and hostage-taking



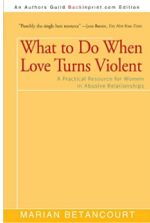
The Verbally Abusive Relationship, Expanded Third Edition: How to recognize it and how to respond. Learn why verbal abuse is more widespread than ever, how to recognize and deal with it safely, and most important, how to lead a happier, healthier life. Also, outside stresses driving the rise in verbal abuse, mitigate the effects on relationships, levels of abuse (insidious put-downs, tantrums of name-calling, screaming, and threats that can escalate into physical abuse).



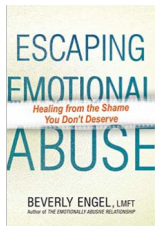
Why Does He Do That?: Inside the Minds of Angry and Controlling Men. From the perspective of the director of the first U.S. program for abusive men, the author offers early warning signs, ten abusive personality types, and the abusive mentality, and dispels 17 myths about abusive personalities, sheds light on the origin of the abuser's values and beliefs, which he believes is a better explanation of abusive behavior than reference to psychological problems.



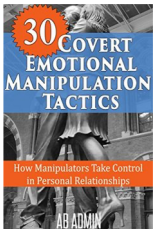
No Visible Wounds: Identifying Non-Physical Abuse of Women by Their Men. With one out of 11 high school students experiencing physical abuse, this book is an important read for teenagers who have questions about abusive dating relationships, helps them understand the causes and consequences of their situation, learn what they can do about it, find help from parents and other adults, and discover how to build healthier relationships.



What to Do When Love Turns Violent: A Practical Resource for Women in Abusive Relationships. Overcoming the Narcissist, Sociopath, Psychopath, and Other Domestic Abusers is a groundbreaking comprehensive handbook that contains everything a woman needs to know about how to recognize abuse, break free, and thrive.



Escaping Emotional Abuse: Healing from the Shame You Don't Deserve. In *The Emotionally Abused Woman*, therapist Beverly Engel introduced the concept of emotional abuse, one of the most subtle, yet devastating forms of abuse within a relationship. Now Engel exposes the most destructive technique the abuser uses to break our spirit and gain control--and guides readers on how to free themselves from the shame that can keep them from the life (and the love) they deserve.



30 Covert Emotional Manipulation Tactics: How Manipulators Take Control In Personal Relationships. Learn the manipulator's game, so they can't play it with you. Identifying covert manipulation is tricky. This short but powerful 33-page book will teach you how to identify the 30 tactics manipulators use to get what they want. You'll also learn to spot the warning signs within yourself that expose covert manipulation is taking place, even if you can't identify the specific tactics being used.



Sometimes lists are easier on the mind because they are uncluttered and to-the-point. If you'd rather read a few items versus articles or books, these lists are for you.

To view all list items at once, click the SEE ALL button located below the list text.

- [25 Relationship Red Flags](#)
- [25 Risk Factors for Domestic Violence](#)
- [23 Ways Survivors Can Collect Evidence of Abuse](#)
- [27 Characteristics of Unsafe People](#)
- [19 Myths About Domestic Violence](#)
- [35 Ways to Recognize Emotional Abuse](#)
- [19 Myths About Domestic Violence](#)
- [20 Things Abusers Say](#)



There are three well-known, free, online assessment tools available that can help you understand the level of danger that may be present, but not always obvious.

The Danger Assessment

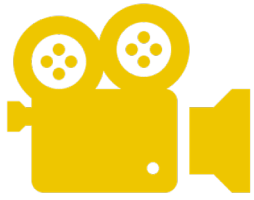
The free tool helps determine the level of danger an abused person has of being killed by an intimate partner.

MOSAIC

Using a series of questions, this tool assesses how similar a situation is to other situations that have gotten worse.

Ontario Domestic Assault Risk Assessment

A risk assessment designed to be used by professionals that calculates how a man who has assaulted his female partner ranks among similar perpetrators with respect to the likelihood that he will assault a female partner again in the future.



Click video thumbnail to watch





A lot of lessons can be taken away from people who have been through it before. Check out the following survey results to learn from the experiences of others.

- [What type of abuse did you experience first?](#)
- [At what age did you first experience abuse?](#)
- [As a survivor of abuse, what term do you prefer?](#)
- [How did you document the abuse you experienced?](#)
- [What barrier did you come up against when leaving your abuser?](#)
- [Did you find verbal abuse more or less damaging?](#)
- [Did your abuser use strangulation as an abuse tactic?](#)
- [Did an abuser ever use sleep deprivation?](#)
- [Did you contemplate the decision to leave for a while?](#)
- [What did your instincts tell you when you met your abuser?](#)
- [How many times did you attempt to leave your abuser before you were able to escape?](#)
- [Did you delay/are you delaying leaving your abuser due to concerns of escalated violence?](#)



Online forums and chats can help you connect with others who are in or have faced similar situations and find support and ideas from the survivor community.

[AfterSilence.org](https://www.aftersilence.org) aims to help victims become survivors and to communicate in the recovery of domestic and sexual violence. It offers an active message board and chat room for rape, sexual assault, sexual abuse, incest and molestation survivors. There are over 31,000 members and about 1,000,000 posts, including recent posts and many useful posts from days and months past.

[Pathways to Safety International](https://www.pathways.org/) If you're an American overseas, your situation is different than 99% of your fellow countryman, and this site will be a wonderful resource for you. Among the services is a 24-hour response to emails, as well as international phone options.

DomesticShelters.org Facebook Page offers one of the most active places where domestic violence survivors connect. You'll find conversation, past experiences and unvarnished stories, and occasionally advice from professionals who have joined in on a topic.

DomesticShelters.org Facebook Group is a private group designed to be a safe space for domestic abuse victims, survivors, advocates and others affected by abuse to support one another through meaningful dialogue and helpful insight.

Fort Refuge is a clever grassroots site run by survivors for fellow survivors as a safe place to come together and discuss their struggles and victories in healing from various types of abuse. Though the forum and chat do not boast the same numbers as some of the larger organizations, they are one of the more active conversation places on the internet currently. They also add new content to their site regularly.

Love is Respect - National Teen Dating Helpline focuses on teen relationships and can be accessed by phone, text or live chat. It offers real-time, one-on-one support by trained peer advocates who offer information and advocacy to those involved in dating abuse. They also offer support to parents, teachers, clergy, law enforcement, and service providers.

National Domestic Violence Hotline offers confidential, private, one-on-one chats with advocates every day 24/7.

OnYourMind.net is a safe and anonymous place for teens to get information and support from other teens in an online chat room, covering topics such as relationships, school, depression, stress, suicide, parents, cutting, identity and health.

Pandora's Aquarium is an online forum with around 2 million posts and over 70,000 members, and is run by Pandora's Project, which provides information, support and resources to rape and sexual abuse survivors and their friends and family.

When accessing hotlines, chats or forums from a computer, tablet, or smartphone, please remember to take the necessary precautions to keep your activities confidential from your abuser. Learn more about how to stay safe online [here](#).

Also, keep in mind that local shelters may offer in-person or virtual support groups. You can find shelters in your area at [DomesticShelters.org](#).



Another way to determine if you're experiencing abuse is to contact a trained domestic violence advocate near you or through a national service.

To search for domestic violence program staffed with trained advocates, visit [DomesticShelters.org](https://www.DomesticShelters.org) and type either your city and state, or ZIP code, into the search bar at the top of the page. A list of organizations and contact numbers near you will be displayed. To reach an advocate, reach out directly by calling the phone number listed. Most are open 24/7.

To speak to an advocate at the National Domestic Violence Hotline, also 24 hours a day, seven days a week, call 800-799-SAFE (7233) or visit [thehotline.org](https://www.thehotline.org) to chat online.

It's important to know that your call is confidential and you can choose to remain anonymous when speaking with an advocate. To know what to expect when calling, read [this article](#).