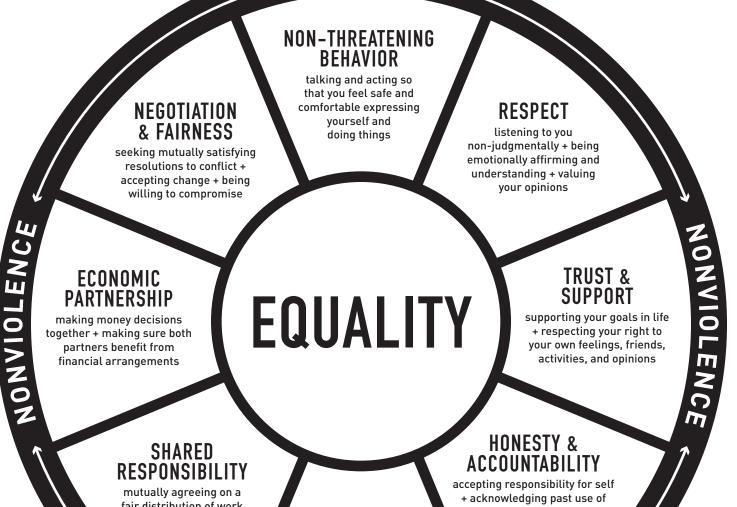
IS YOUR RELATIONSHIP BASED ON EQUALITY?



fair distribution of work + making family decisions together

RESPONSIBLE PARENTING

sharing parental responsibilities + being a positive nonviolent role model for children accepting responsibility for self + acknowledging past use of violence + admitting being wrong + communicating openly and truthfully



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OR IS YOUR RELATIONSHIP BASED ON POWER AND CONTROL?

COERCION & THREATS

making and/or carrying out threats to do something to hurt you + threating to leave you, to commit suicide, or to report you to welfare + making you drop charges + making you do illegal things

INTIMIDATION

making you afraid by using looks, actions, and gestures + smashing things + destroying your property + abusing pets + displaying weapons

ISOLATION

controlling what you do,

who you see and talk to,

what you read, and where

you go + limiting your

outside involvement +

using jealousy to

justify actions

ECONOMIC ABUSE

VIOLENCE preventing you from getting or keeping a job + making you ask for money + giving you PHYSICAL an allowance + taking your money + not letting you know about or have access to family income

POWER & CONTROL

EMOTIONAL ABUSE

SEXUAL putting you down + making you feel bad about yourself + calling you names + making you think you're crazy + playing mind games + humiliating you + making you feel guilty

101

USING **CHILDREN**

MALE

PRIVILEGE

treating you like a servant

+ making all the big decisions

+ acting like the "master of

the castle" + being the one

to define men's and

women's roles

making you feel guilty about the children + using the children to relay messages + using visitation to harass you + threatening to take the children away

MINIMIZING, **DENYING &**

BIAMING

making light of the abuse and not taking your concerns about it seriously + saying the abuse didn't happen + shifting responsibility for abusive behavior + saying you caused it

> The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.

Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman's life and circumstances.