Power and Control Wheel for Lesbian, Gay, Bisexual and Trans Relationships

Using Coercion & Threats
- making and/or carrying out threats
to do something to harm you
- threatening to leave or commit
suicide
- driving recklessly
to frighten you
- threatening to "out" you
- threatening others who are important to you
- making and/or carrying out threats
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- threatening to leave or commit
suicide
- driving recklessly
to frighten you
- threatening to "out" you
- threatening others who are important to you

Using Intimidation
- making you afraid by
- using looks, gestures, actions
- smashing things
- abusing pets
- displaying weapons
- using looks, actions, gestures
to reinforce homophobic,
biphobic or transphobic
control

Using Economic Abuse
- preventing you from getting
or keeping a job
- making you ask for money
- interfering with
work or education
- using your credit cards
without permission
- not working and requiring you to provide support
- keeping your name off joint assets

Using Privilege
- treating you like a servant
- making all the big decisions
- being the one to
define each partner's roles or duties
in the relationship
- using privilege
- asking for money
- interfering with
work or education
- using your credit cards
without permission
- not working and requiring you to provide support
- keeping your name off joint assets

Using Emotional Abuse
- putting you down
- making you feel bad about yourself
- calling you names
- playing mind games
- making you feel guilty
- humiliating you
- questioning if you are a "real" lesbian, "real"
man, "real" woman, "real" femme, "real" butch,
etc.

Using Isolation
- controlling what you do, who you see or talk
to
- limiting your outside activities
- using jealousy to control you
- making you account for your whereabouts
- saying no one will believe you, especially
not if you are lesbian, gay,
bisexual, or trans
- not letting you go
anywhere alone

Using Children
- making you feel guilty
about the children
- using children to relay
messages
- threatening to take
the children
- threatening to tell
your ex-spouse or authorities
that you are lesbian, gay,
bisexual or trans so
they will take the
children

Denying, Minimizing, & Blaming
- saying it didn't happen
- shifting responsibility for abusive
behavior
- saying it is your fault, you
deserved it
- accusing you of "mutual
abuse"
- saying women can't
abuse women / men can't abuse
men
- saying it's just
"fighting," not
abuse

Developed by Roe & Jagodinsky
Adapted from the Power & Control and Equity Wheels developed by the
Domestic Abuse Intervention Project • 206 West Fourth Street • Duluth, Minnesota 55806 • 218/722-4134