

◇ Power & Control

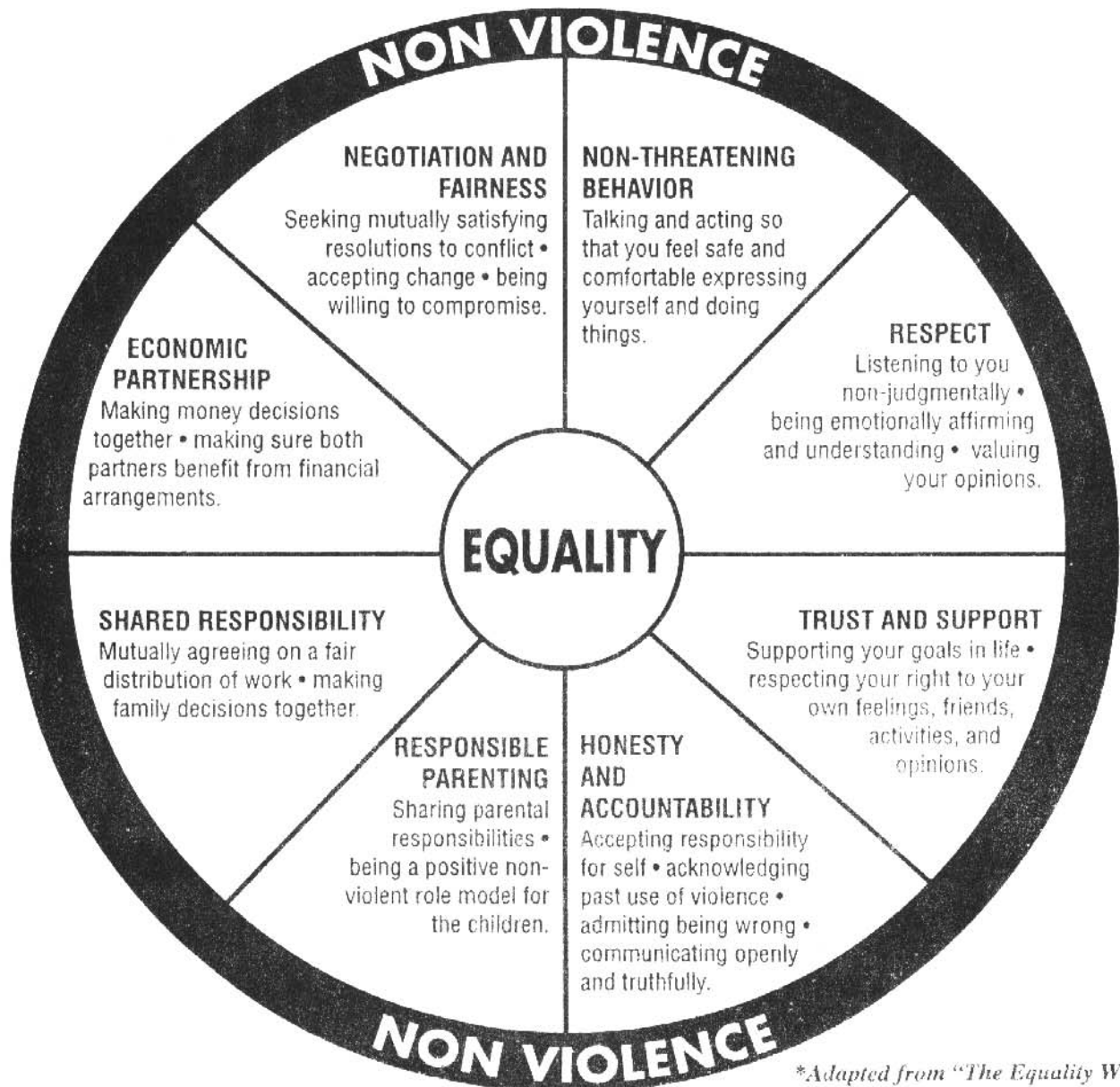
This is called the Power & Control Wheel*. It was developed after many women described the common tactics their abusers used to control them. At the center of the wheel is the intention of all the tactics--to establish power and control. Each spoke of the wheel represents a particular tactic. The rim of the wheel--which gives it strength and holds it together--is physical abuse. You may or may not identify with each spoke or with the physical abuse; focus on the parts of the wheel that relate to your situation.



*Adapted from "The Power & Control Wheel." Domestic Abuse Intervention Project, 206 West Fourth Street, Duluth, MN 55806; 218-722-4134.

◇ **Equality**

This is called the Equality Wheel*. It was developed to demonstrate the characteristics of a relationship based on mutuality, respect, and equality. The rim of the wheel--which gives it strength and holds it together--is non-violence (emotional and physical).



**Adapted from "The Equality Wheel,"
Domestic Abuse Intervention Project,
206 West Fourth Street,
Duluth, MN 55806; 218-722-4134.*