

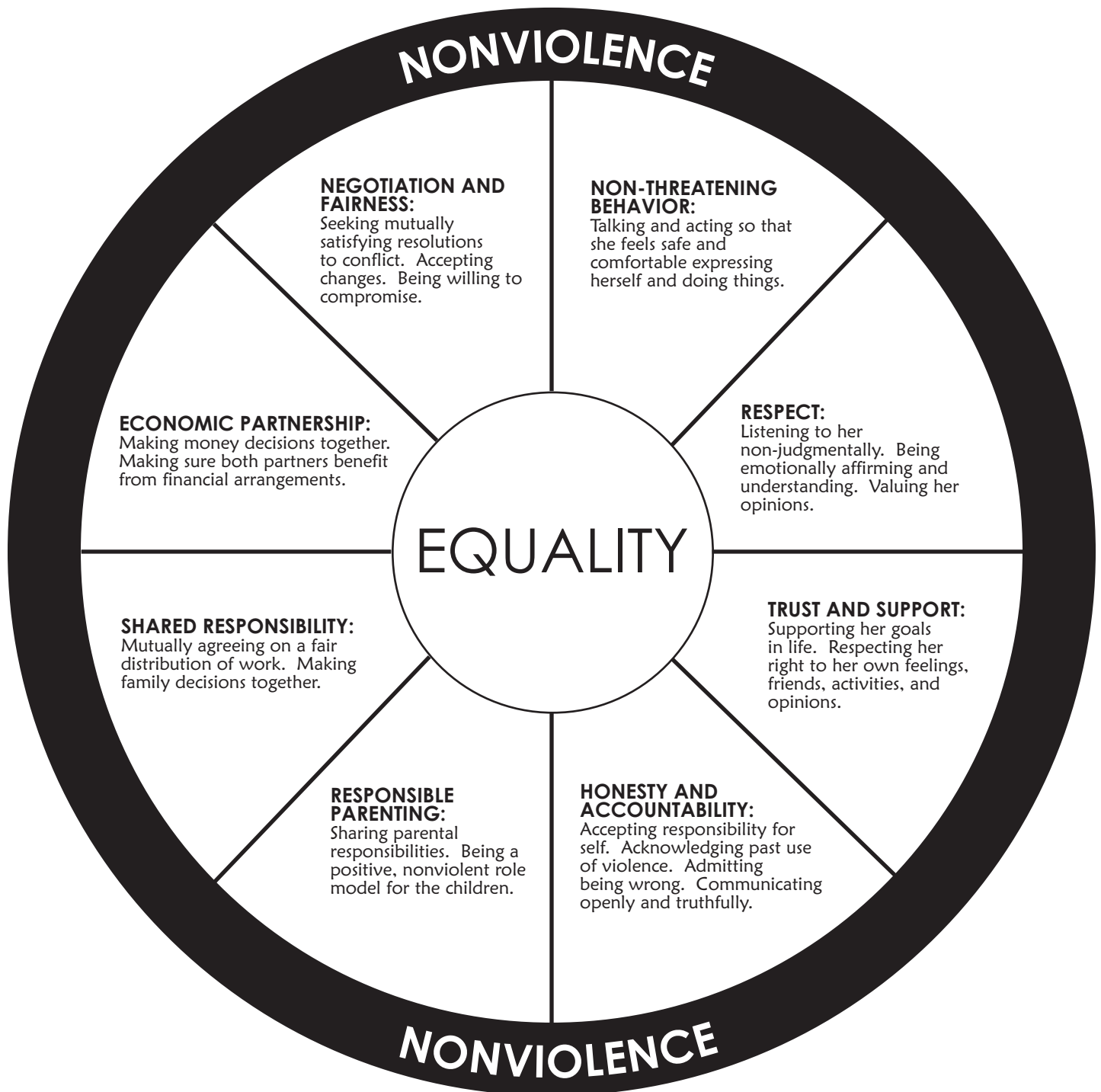
POWER AND CONTROL WHEEL

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.

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.



EQUALITY WHEEL



Control Log

MEN'S NONVIOLENCE CLASSES

1. **ACTIONS:** Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).

2. **INTENTS:** What did you want to happen in this situation?

3. **BELIEFS:** What beliefs do you have that support your actions and intents?

4. **FEELINGS:** What feelings were you having?

5. **MINIMIZATION, DENIAL, AND BLAME:** In what ways did you minimize or deny your actions or blame her?

6. **EFFECTS:** What was the impact of your action?

On you _____

On her _____

On others _____

7. **PAST VIOLENCE:** How did your past use of violence affect this situation?

8. **NON-CONTROLLING BEHAVIORS:** What could you have done differently?

Equality Log

MEN'S NONVIOLENCE CLASSES

1. **ACTIONS:** Briefly describe the situation and the actions you used to control your partner (statements, gestures, tone of voice, physical contact, facial expressions).

2. **INTENTS:** What did you want to happen in this situation?

3. **BELIEFS:** What beliefs do you have that support your actions and intents?

4. **EFFECTS:** What was the impact of your action?

On you _____

On her _____

On others _____

5. **PAST VIOLENCE:** How did your past use of violence affect this situation?

ACT LIKE A MAN BOX

MEN ARE

Bread Winners

Violent

Mean

Bullies

Tough

Angry

Active

Strong

Successful

In Control of Women

FEELINGS

Confused

Angry

Scared

Ashamed

Alone

Stupid

Powerless

Vulnerable

Revenge

Hopeless

Worthless

MEN

Have no emotions

Stand up for
themselves

Yell at people

Can take it

Don't make
mistakes

Don't cry

Take charge

Push people around

Know about sex

Don't back down

Take care of people



BEHIND
THIS



ANGER

MIGHT
BE

