## MILITARY POWER AND CONTROL WHEEL

## VIOLENCE

**POWER** 

AND

CONTROL

# physical

## USING COERCION AND THREATS:

Telling her, "If you report me, you'll lose your income, base housing, the kids, be deported. Threatening her with firearms. Saying, "Do what I tell you or I'll get you."

#### **USING** INTIMIDATION:

servol Telling her you're trained to kill and maim. Controlling her with stares, looks, and gestures. Playing with or cleaning your weapons around her. Hurting pets. Destroying her property.

#### **USING EMOTIONAL ABUSE:**

Ignoring her when you return from work or deployment. Trivializing her concerns. Telling her people think she's crazy. Telling her she's a bad wife, mother, lover. Putting her down publicly. Accusing her of ruining your career.

Controlling access to her military I.D. card, family, friends, information, base/ command functions, telephone, transportation, or English lessons. Living off-base to lessen her contact with others.

**USING ISOLATION:** 

#### MINIMIZING DENYING, AND BLAMING:

Saying she's lying to "get" you. Claiming she provoked it by playing around, getting drunk, not shutting up, or not doing what you told her. Blaming the violence on job stress or alcohol.

#### **USING CHILDREN:**

Refusing to help with the child(ren). Threatening to get custody. Telling the child(ren) she's a bad mother. Getting the child(ren) to disrespect her. Threatening to hurt the child(ren) if she doesn't comply.

#### CLAIMING MILITARY/ MALE PRIVILEGE:

Using her dependent wife status or cultural/religious traditions to keep her in line. Keeping all legal documents in your name. Saying you're the CO and the family is your troops. Dhysical Taking over as head of the household postdeployment.

#### **USING ECONOMIC** ABUSE:

Leaving no allotments during deployment. Not sharing pay or financial records. Telling her what she can buy. Preventing her from getting a checking account, credit cards, a job, or schooling.

## VIOLENCE

Produced and distributed by:



### NATIONAL CENTER on Domestic and Sexual Violence

training · consulting · advocacy

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