Lesbian/Gay Power and Control Wheel

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. Stalking.

Using Intimidation:

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 support her/him. Putting assets in partner’s name only.

Using Emotional Abuse:

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 because you’re lesbian or gay.

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 or gay so they will take the children.

Minimizing, Denying, & Blaming:

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inspired and adapted from:
Domestic Abuse Intervention Project
202 East Superior Street
Duluth, MN 55802

NATIONAL CENTER on Domestic and Sexual Violence
training · consulting · advocacy
4612 Shoal Creek Blvd. • Austin, Texas 78756
512.407.9020 (phone and fax) • www.ncdsv.org