MILITARY POWER AND CONTROL WHEEL

POWER AND CONTROL

VIOLENCE

physical

sexual

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:
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.

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.

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. Taking over as head of the household post-deployment.

USING ISOLATION:
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 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.

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.

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NATIONAL CENTER on Domestic and Sexual Violence
training • consulting • advocacy
7800 Shoal Creek, Ste 120-N • Austin, Texas 78757
tel: 512.407.9020 • fax: 512.407.9022 • www.ncdsv.org