## POWER & CONTROL in Dating Relationships

When one person in a relationship repeatedly scares, hurts or puts down the other person, it is abuse.

The Power & Control Wheel lists examples of each form of abuse.

Remember, abuse is much more than slapping or grabbing someone.

## **MINIMIZATION** INTIMIDATION AND BLAME · Yelling or screaming · Using Not accepting responsibility for a threatening tone • Talking your actions • Making a joke when down • Threatening to hurt you hurt your partner • Telling yourself or your partner your partner everything is Making your partner feel their fault • Acting like afraid • tearing up pictures abuse is okay in the Smashing gifts relationship Destroying objects **SEXUAL ABUSE POSSESSIVENESS** Bragging about your sexual · Using jealousy as a sign of love relationship • Comparing your Accusing your partner of cheating on partner to past partners. Flirting to you • Not letting your partner have other make your partner jealous • Using **POWER** friends • Telling your partner how to think, drugs/alcohol to get sex • Pressuring dress and act. your partner • Rape **AND PHYSICAL ABUSE HUMILIATION** CONTROL · Putting down your partner · Calling your Holding your partner so they can't leave partner names • Constant Criticism · Slamming them into a wall or locker Making your partner feel like they are Hurting your partner where bruises crazy • Humiliating your partner in don't show • Grabbing • Slapping front of people • Making your Hitting • Shoving partner feel guilty Punching • Kicking **DOMINATION THREATS** Embarrassing your partner Treating your partner · Saying you can't live like a baby, property, or with your partner • Telling servant • Making all of the your partner you will leave decisions • Having expectations them somewhere if they don't that no one can meet • Controldo what you say . Constantly threatening to find someone else ling who your partner sees or spends time with • Setting all of · Saying you will commit suicide if the rules in the relationship vou breakup

A relationship full of control is really out of control.

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