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.

A relationship full of control is really out of control.

Adapted with permission from the "Power & Control and Equality Wheels," developed by Domestic Abuse Intervention Project, Duluth, MN.