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 & Blame
- not accepting responsibility for your actions
- making a joke when you hurt your partner
- telling your partner everything is their fault
- acting like abuse is okay in the relationship

Intimidation
- yelling or screaming
- using a threatening tone
- talking down
- threatening to hurt yourself or your partner
- making your partner feel afraid
- tearing up pictures
- smashing gifts
- destroying objects

Possessiveness
- using jealousy as a sign of love
- accusing your partner of cheating on you
- not letting your partner have other friends
- telling your partner how to think, dress, and act

Sexual Abuse
- bragging about your sexual relationship
- comparing your partner to past partners
- flirting to make your partner jealous
- using drugs/alcohol to get sex
- pressuring your partner
- rape

Humiliation
- putting down your partner
- calling your partner names
- constant criticism
- making your partner feel like they are crazy
- humiliating your partner in front of people
- making your partner feel guilty
- embarrassing your partner

Physical Abuse
- holding your partner so they can't leave
- slamming them into a wall or locker
- hurting your partner
- bruises don't show
- grabbing
- slapping
- hitting
- shoving
- punching
- kicking

Domination
- treating your partner like a baby, property, or servant
- making all of the decisions
- having expectations that no one can meet
- controlling who your partner sees or spends time with
- setting all of the rules in the relationship

Threats
- saying you can't live without your partner
- telling your partner you will leave them somewhere if they don't do what you say
- constantly threatening to find someone else
- saying you will commit suicide if you breakup

A relationship full of control is really out of control.