Amish / Plain Community Power and Control Wheel

VIOLENCE

Coercion and Threats

PHYSICAL Making and/or carrying out threats to take their own life, or to hurt you or your loved ones, or get you punished in the Church - Forcing you to do things that the Church would punish you for

Speaking negatively about you - Getting the community and/or church to "side with them"- Telling other you are a liar, not a good parent, spouse, or Christian - Confessing but not changing behavior - Falsely using scripture to justify the abuse

Using the

Community

and Church

Using Intimidation

members

POWER

AND

CONTROL

SE UAL Making you afraid by using looks, actions, gestures, smashing things, destroying things in the home, harming shared animals, displaying weapons, stalking, or driving horse and buggy recklessly **Emotional** with you in it - Saying things about you to church leadership or community

Putting you down - Making you feel bad about yourself by calling you names - Making you think you are crazy - Playing mind games - Making you feel guilty - Making you feel like a bad spouse, parent and/or Christian - Making you feel like you're not loved by Christ - Making you feel like everything you do is a sin when you know it isn't

Abuse

Economic Abuse

Making you ask them for money - Giving you an allowance - Taking your money - Not letting **Using Children** you know about or have access to family income

Making you feel guilty about the children - Threatening the children, beating, hitting, and otherwise abusing the children - Turning the children against you by using them to convey messages and abuse to you - Telling the PHYSICAL children their parent is a bad Christian and parent - Having the children report your "bad" behavior to the Church

Isolation

Controlling and limiting who you are allowed to interact with and for how long - Controlling how you interact with God and the Church -

control

you

Minimizing. Controlling where you are allowed to go - Keeping **Denying and** you from your **Blaming** friends and

Making light of the family to abuse and not taking your concerns about it seriously -Saying the abuse didn't happen -Saying you caused the abuse/it was your fault, or the abuse was SEXUAL God's will

Using your belief in God to justify the abuse

VIOLENCE

www.theduluthmodel.org

Millersburg:

The Domestic Abuse Intervention Programs

Adaptation of the original

Power and Control Wheel

approved by

34-C South Clay St. | Millersburg, OH 44654 330.674.1020



Wooster:

104 Spink St. | Wooster, OH 44691 330.264.8498

UNDERSTANDING THE CYCLE OF VIOLENCE

TENSION BUILDING

VICTIM'S RESPONSE

- · Attempts to calm partner
- Nurturing
- Silent or talkative
- Stays away from family and friends
- · Keeps children quiet
- Agrees
- Tries to reason
- · Cooks partner's favorite dinner
- · General feeling of walking on eggshells

BATTERER

- Moody
- Nitpicking
- Withdraws affection
- · Put-downs
- Yelling
- · Drinking or drugs
- Threatens Destroys property
- Sullen
- · Crazy-making

DENIAL

Minimizing the abuse, acting as if it did not happen, or acting as if it will never happen again This perpetuates the

cycle of violence

ACUTE EXPLOSION

BATTERER

- Hitting • Choking
- Humiliating
- Imprisonment
- Rape
- Use of weapons
- Beating
- Verbal abuse
- · Destroys property

VICTIM'S RESPONSE

- · Protects self any way they
- · Police called by self,
- children or neighbor
- Tries to calm batterer Tries to reason
- · Fights back
- Leaves

HONEYMOON

BATTERER

- "I'm sorry" or begs for forgiveness
- · Promises to get counseling / go to church / AA
- · Sends flowers or presents
- . "I'll never do it again'
- · Wants to make love
- Declares love
- · Enlists family support
- · Cries

VICTIM'S RESPONSE

- Agrees to stay
- · Returns or takes batterer back
- Attempts to stop legal proceeding
- · Sets up counseling appointments for batterer
- · Feels happy or hopeful

EQUALITY WHEEL

HONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

· accepting change · being willing to compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally . being emotionally affirming and understanding · valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work . making family decisions together.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

Domestic Abuse Intervention Project

RESPONSIBLE **PARENTING**

Sharing parental responsibilities · being a positive non-violent role model for the children.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self · acknowledging past use of violence . admitting being wrong . communicating openly and



Helping people change direction.

Developed by

Duluth, MN

NONVIOLENCE