## Male Survivor Power and Control Wheel

physical

# VIOLENCE

#### **Using Coercion**

#### and Threats:

Making threats to harm the victim, themselves and/or children, threats to make false allegations, threatening with knives or objects, control of day to day activities Using Economic such as eating or

sleeping

Power

and Control

### Giving threatening looks, acting as if they are going to throw

Using Intimidation:

an object, stating no one will believe you, claiming friends or family will be used to act out violence

Sexual

## Using Isolation:

#### Abuse:

Stopped from having access to your own money, made to produce receipts for what you have spent, pressured to take a second job, pressured to apply for promotions, running up debts in your name

#### **Using Male Identity:**

Saying if you were a real man you wouldn't put up with this, saying a man would fight back, telling you you should provide more as head of the house, stating you do not satisfy them sexually,

#### Using Children: compares you to

Telling you you wont see the previous children if you leave, policing partners contact with children in the home, threatening to take the children out of the country, threatening to change the children's names, encouraging children to take part in the abuse

Physical

Stopped from seeing family and/or friends, stopped from going to sports or doing hobbies calls, text or emails monitored, mobile phone destroyed, made to change number, monitoring through apps, stopped attending community events

**Minimising, Denying** 

#### and Blaming:

Saying you made them do this, saying it wasn't that bad, blaming your mental health, claiming you misremembered, saying it could have been worse, blaming

their mental health. Using Emotional substance use

Abuse: Putting you down, humiliating or childhood you in front of others, using silent treatment as punishment, denying you are the father of the children, belittling, telling you they will share secrets you have told them, telling you to 'man up'

Sexual

Adapted from the Duluth Power and Control Wheel by

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