

Power and Control Wheel

The *Power and Control Wheel of Domestic Violence* is a way of looking at the behavior abusers might use to get and keep control in their relationships. It is not necessary for an abuser to use every tactic in the wheel for it to be abuse. The wheel also demonstrates the cycle of abuse, and the inter-relationships between the various types of abuse. The cycle illustrated in the wheel can take hours, days, weeks or longer to complete.

THIS WHEEL DISPLAYS BEHAVIOURS THAT MAY BE COMMON IN AN MUSLIM FAMILIES ABUSIVE RELATIONSHIP



By Sharifa Alkhateeb, Adapted from the Duluth Model