

Power and Control

Domestic and dating violence are often rooted in:

- control
- intimidation
- coercion
- manipulation
- isolation
- fear

The Duluth Model Power and Control Wheel helps explain how abusive relationships operate.



Violence is often about power and control.

Cycle of Violence

Abusive relationships often follow recognizable patterns.

Tension building:

- walking on eggshells
- conflict growing
- fear or anxiety

Calm:

- temporary peace
- hope things have changed



The cycle repeats.

Abusive incident:

- verbal
- emotional
- physical
- sexual
- controlling behavior

Remorse/Honeymoon:

- apologies
- promises
- gifts
- affection
- minimizing abuse

Abuse often follows patterns that can be difficult to escape.