

The Power and Control wheel developed by the Domestic Abuse Intervention Project in Deluth, Minnesota shows the various tactics of abuse that batterers use to control their partners.

# NONVIOLENCE

## NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

• accepting change

• being willing to compromise.

# NON-THREATENING BEHAVIOR

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

# ECONOMIC PARTNERSHIP

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

#### **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.

## 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 truthfully.

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