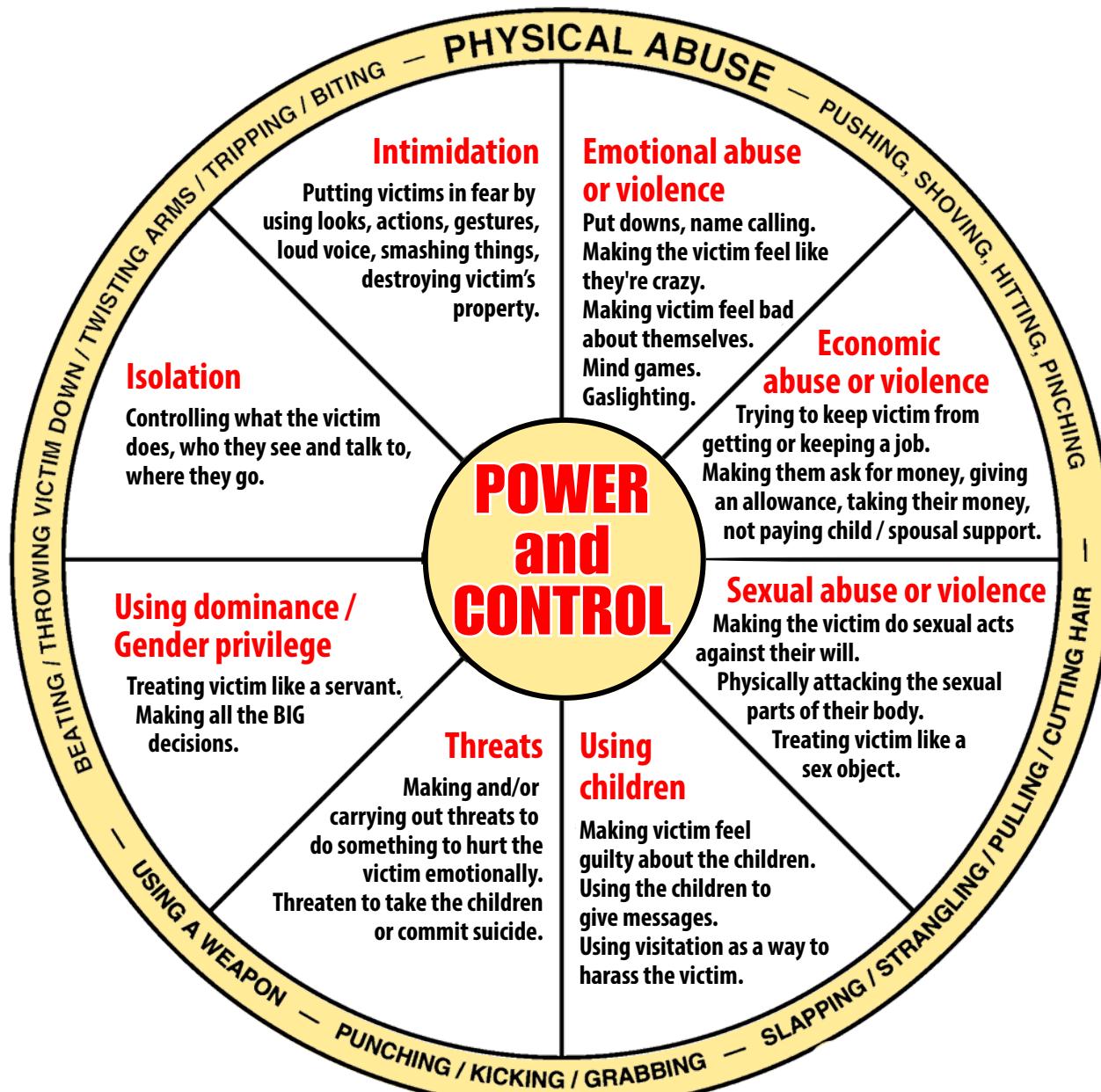


# POWER and CONTROL WHEEL

Power and control are the centrepieces of any abusive relationship. An abuser's goal is to gain and maintain power and control over his or her victim. Illustrated below are the various ways by which abusers do that.

It is important to understand that not all abusive relationships are marked by physical abuse or violence, but can include any and all of the types explained below. Each is a powerful and effective means for abusers to control their victim's behaviours and keep them in the abusive relationship.

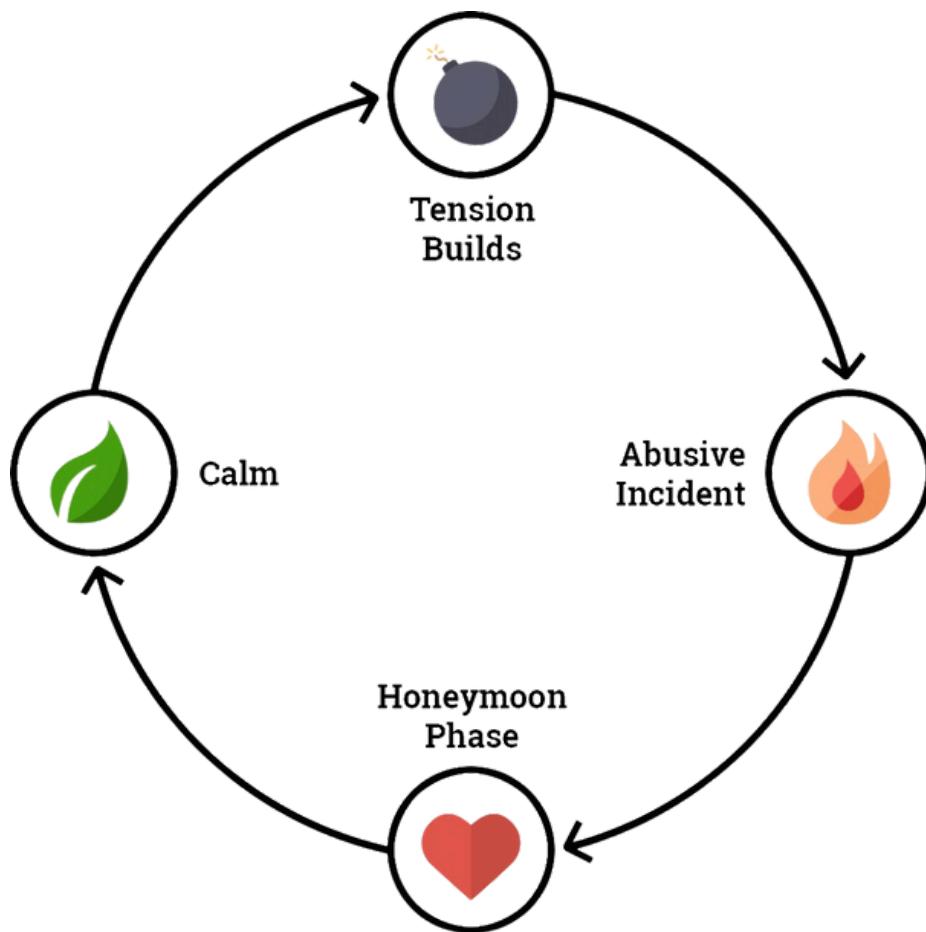


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# THE CYCLE OF ABUSE



## Tension Builds

Stress begins to grow from the pressures of daily life, or other points of conflict. The victim may attempt to reduce tension by complying with the abuser.

## Abusive Incident

Verbal, emotional, physical, or sexual abuse occurs. This includes anger, intimidation, threats, and other forms of abuse.

## Honeymoon Phase

The abuser apologizes, shows remorse, and often begs for forgiveness. They may shower the victim with love and affection, and promise that the abuse will never happen again.

## Calm

The relationship enters a period of calm where the abuse stops or slows. The abuser may continue to ask for forgiveness, or make positive gestures, but these tend to reduce in sincerity over time.

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