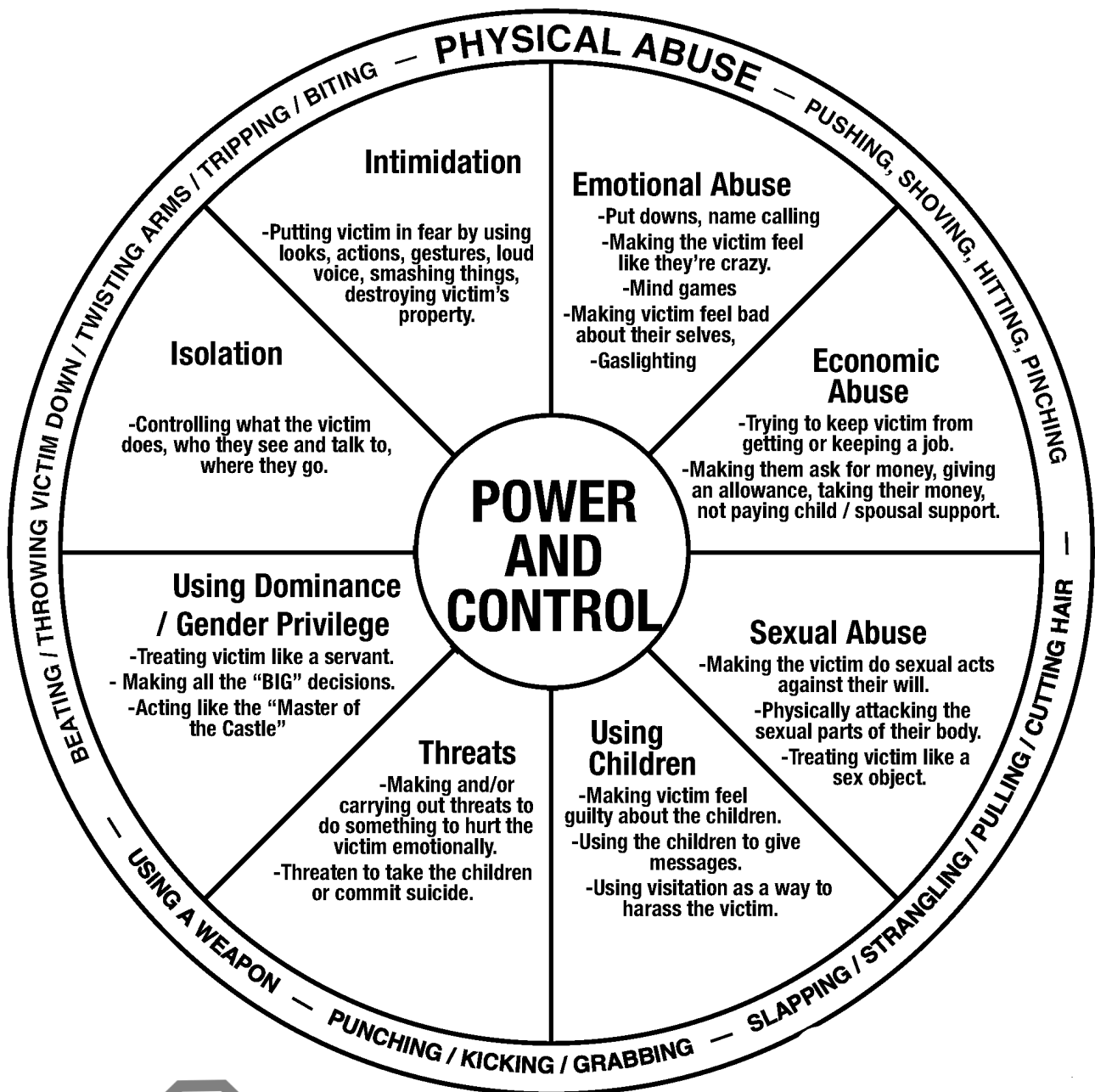


# POWER & CONTROL WHEEL

Power and control are the center pieces of any abusive relationships. An abusers goal in the relationship is to gain and maintain power and control over their victim. Illustrated below are the various mechanisms abusers can use to gain and maintain control over their victim

It is important to note that not all abusive relationships are marked by physical abuse that can include any and all of the types of abuse outlined below. Each is a powerful and affective means for abusers to control their victims behaviours and keep them in the abusive relationship.



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