Gay, Lesbian, Bisexual and Trans **Power and Control Wheel**

HETEROSEXISM VIOLENCE SEXUAL Pushing

USING **COERCION &** USING THREATS INTIMIDATION

making you afraid by

looks, actions, gestures

to reinforce homophobic,

using looks, gestures, actions •

Stapping PHYSICAL making and/or carrying out threats to do something to harm you • threatening to leave or commit suicide • driving recklessly to frighten you • threatening to "out" you • threatening others who are important to you •

USING **ECONOMIC** ABUSE

Dulling preventing you from getting or keeping a job • making you ask for money • interfering with work or education • using your credit cards without permission • not working and requiring you to provide support • keeping your name off joint assets

USING PRIVILEGE

NOPHOBIA BIPHOBIA TRANS treating you like a servant • making all the big decisions \bullet being the one to define each partner's roles or duties grabbing in the relationship • using privilege or ability to "pass" to discredit you, put you in danger, cut off your access to Punaning Kicking resources, or use the making you feel guilty

stalking **POWER**

control

AND CONTROL

USING

CHILDREN

about the children

• using children to relay

messages • threatening to take

your ex-spouse or authorities

that you are lesbian, gay,

bisexual or trans so

they will take the

children

the children • threatening to tell

PHYSICAL

smashing things • abusing pets • displaying weapons • using USING EMOTIONAL ABUSE

biphobic or transphobic putting you down • making you feel bad about yourself • calling you names • playing mind games • making you feel guilty • humiliating you • questioning if you are a "real" lesbian, "real" man, "real" woman, "real"femme, "real" butch, etc. • reinforcing internalized homophobia, biphobia or transphobia

USING ISOLATION

BIPHOBIA

controlling what you do, who you see or talk to • limiting your outside activities • using ^{tripping} jealousy to control you • making you account for your whereabouts • saying no one will believe you, especially not if you are lesbian, gay, bisexual, or trans

biting twisting ar

DENYING. MINIMIZING **& BLAMING** making light of the abuse

saying it didn't happen • shifting responsibility for abusive behavior • saying it is your fault, you deserved it • accusing you of "mutual abuse" • saying women can't abuse women/ men can't abuse men
saying it's just SEXUAL "fighting," not abuse

HETEROSEXISM

VIOLENCE

Developed by Roe & Jagodinsky

Adapted from the Power & Control and Equity Wheels developed by the Domestic Abuse Intervention Project • 206 West Fourth Street • Duluth, Minnesota 55806 • 218/722-4134

TEXAS COUNCIL ON FAMILY VIOLENCE

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