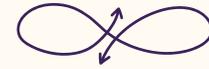


POWER & CONTROL SPECTRUM



COERCION, THREATS, & PHYSICAL/SEXUAL VIOLENCE

Making and/or carrying out threats of physical, sexual, and emotional violence. Non-consensual sex or intimacy. Threatening to leave, self-harm, or other guilt tactics. Encouraging self-destructive behaviors. Altering medication usage. Forcing or pressuring partner to use substances. Threatening to "out" a partner regarding their gender identity or sexual orientation. Animal/pet abuse or neglect. Shaming partner for decisions regarding sex, intimacy, or expression.



EMOTIONAL & VERBAL ABUSE

Yelling or degrading a partner. Weaponizing self-doubt and insecurities. Calling their partner names. Shaming or humiliating partner (in private and in public). Controlling access to gender-affirming care or clothing. Critiquing gender expression and body size/type. Challenging partner's identity or pronouns.



ISOLATION

Controlling partners behaviors, who they see, what they read, and limiting outside involvement or hobbies. Convincing partner that their friends and family are inadequate. Discouraging access to community and affirming support network.



INTIMIDATION

Using non-verbal cues and tactics to make a partner feel afraid. Breaking or destroying items (including personal belongings). Displaying weapons. Stalking or tracking. Insisting no one will believe the survivor. Harassing partner on social media or through texts and calls.

MINIMIZING, DENYING, & BLAMING

Avoiding taking accountability for their abusive behaviors. Gaslighting (challenging someone else's perspective to make them doubt themselves). Utilizing jealousy to justify actions. Insisting the survivor is over-reacting.



USING DEPENDENTS

Telling partner they are not an adequate parent/guardian. Using children to relay messages. Withholding visitation or using the time to harass their partner. Threatening to take children or report the guardian to child protective services.



ECONOMIC CONTROL

Preventing partner from working. Control over how much money the partner is allowed to have. Tracking purchases. Stealing their money. Maintaining sole access to shared accounts. Excluding partner from important economic decisions.



SOCIAL SYSTEMS OF OPPRESSION

Using misogyny to assert dominance or excuse their abusive behaviors. Reinforcing homophobia, transphobia, and biphobia. Using privilege and wealth to justify control. Partaking in anti-Black racism. Reproductive coercion or restriction.

These behaviors (and others) can be used by an abusive partner (AP) to establish and maintain a hierarchy of power. Tactics can be used at different points in the relationship and to different degrees of intensity. Each relationship looks different and this tool can help survivors identify and acknowledge intimate partner violence (IPV).