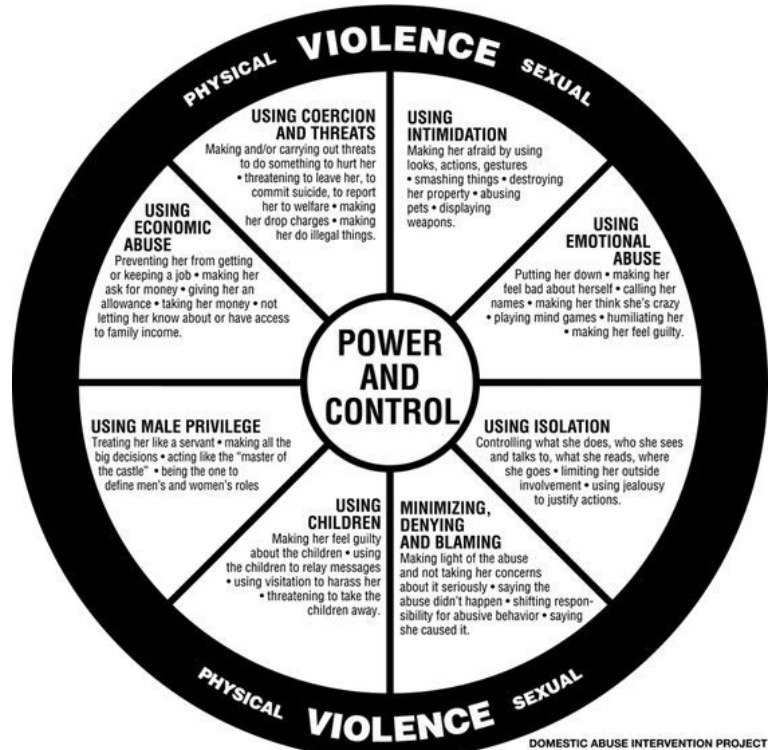


The use of the **POWER & CONTROL WHEEL** to describe accurately what occurs in an abusive relationship is the most common tool many advocates use with survivors. *Think of the wheel as a diagram of the tactics your abusive partner uses to keep you in the relationship.* While the inside of the wheel is comprised of subtle, continual behaviors, the outer ring represents physical, visible violence. These are the abusive acts that are more overt and forceful, and often the intense acts that reinforce the regular use of other subtler methods of abuse.

The Equality Wheel was developed not to describe equality per se, but to describe the changes needed for people who batter to move from being abusive to non-violent partnership.

For example, the "emotional abuse" segment on the Power and Control Wheel is contrasted with the "respect" segment on the Equality Wheel. So the wheels can be used together as a way to identify and explore abuse, then encourage non-violent change.



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