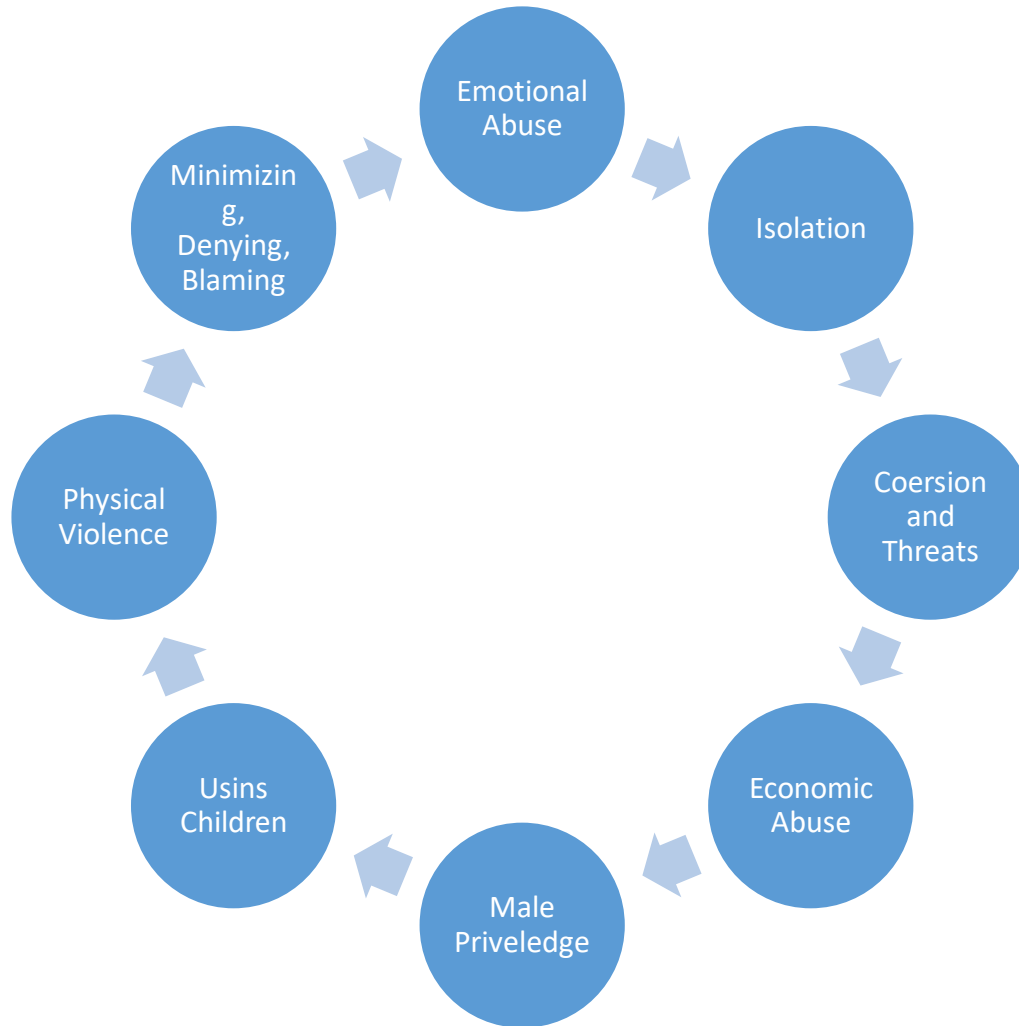


## Session: Another Way to Look at the Abusive Relationship - The Power and Control Wheel

**Welcome:** Each person introduces themselves to the group.

**Prayer:** Ask a member of the group to lead with a short prayer.



Emotional Abuse - put downs, mind games, guilt trips

Isolation - controlling where a victim goes, limiting their time with friends and family

Coercion and Threats - making threats in order to control a victim, making a victim drop charges

Economic Abuse – preventing a victim from getting a job, hiding money, taking all the money

Male Privilege - being in charge of defining men's and women's roles and responsibilities

Using Children - making the victim feel guilty about the kids, threatening to take kids away

Minimizing, Denying, Blaming (gas lighting tactics that are used to hide the abuse or cover it up

Physical Violence – used most often when other forms of dominance and control aren't working