

LEARNING TO RECOGNIZE ABUSE

POWER AND CONTROL WHEEL

The important thing to understand about identifying abuse is not just learning to watch for particular behaviours, but being aware of how behaviour is functioning. The core component of abuse is the misuse of power to control another person. This dynamic manifests itself in many ways from the very extreme and obvious to the very sublime. The behaviours vary, but the goal remains the same: to gain, maintain, or regain control. Consider the varieties of abusive behaviours in this “power and control wheel”.

