**Power and Control Wheel Translation Template**

**Translating into what language?**

**Who is doing the translation?**

**Who should be credited for the translation on the final document?**

**The year of this translation?**

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**POWER AND CONTROL**

*Translation:*

**PHYSICAL/SEXUAL VIOLENCE**

*Translation:*

**USING COERCION AND THREATS**

*Translation:*

 **Making and/or carrying out threats to do something to hurt her**

*Translation:*

**Threatening to leave her, to commit suicide, to report her to welfare**

*Translation:*

**Making her drop charges**

*Translation:*

**Making her do illegal things**

*Translation:*

**USING INTIMIDATION**

*Translation:*

**Making her afraid by using looks, actions, gestures**

*Translation:*

**Smashing things**

*Translation:*

**Destroying her property**

*Translation:*

 **Abusing pets**

*Translation:*

 **Displaying weapons**

*Translation:*

**USING EMOTIONAL ABUSE**

*Translation:*

 **Putting her down**

*Translation:*

 **Making her feel bad about herself**

*Translation:*

 **Calling her names**

*Translation:*

**Making her think she’s crazy**

*Translation:*

 **Playing mind games**

*Translation:*

 **Humiliating her**

*Translation:*

 **Making her feel guilty**

*Translation:*

**USING ISOLATION**

*Translation:*

 **Controlling what she does, who she sees and talks to, what she reads, where she goes**

*Translation:*

 **Limiting her outside involvement**

*Translation:*

 **Using jealousy to justify actions**

*Translation:*

**MINIMIZING, DENYING AND BLAMING**

*Translation:*

 **Making light of the abuse and not taking her concerns about it seriously**

*Translation:*

 **Saying the abuse didn’t happen**

*Translation:*

 **Shifting responsibility for abusive behavior**

*Translation:*

 **Saying she caused it**

*Translation:*

**USING CHILDREN**

*Translation:*

 **Making her feel guilty about the children**

*Translation:*

 **Using the children to relay messages**

*Translation:*

 **Using visitation to harass her**

*Translation:*

 **Threatening to take the children away**

*Translation:*

**USING MALE PRIVILEGE**

*Translation:*

 **Treating her like a servant**

*Translation:*

 **Making all the big decisions**

*Translation:*

 **Acting like the “master of the castle”**

*Translation:*

 **Being the one to define men’s and women’s roles**

*Translation:*

**USING ECONOMIC ABUSE**

*Translation:*

 **Preventing her from getting or keeping a job**

*Translation:*

 **Making her ask for money**

*Translation:*

 **Giving her an allowance**

*Translation:*

 **Taking her money**

*Translation:*

 **Not letting her know about or have access to family income**

*Translation:*