Amish / Plain Community Power and Control Wheel

VIOLENCE

Using

Intimidation

Making you afraid by using

Coercion and Threats

PHYSICAL Making and/or carrying out threats to take their own life, or to hurt you or your loved ones, or get you punished in the Church - Forcing you to do things that the Church would punish you for

Speaking negatively about you - Getting the community and/or church to "side with them"- Telling other you are a liar, not a good parent, spouse, or Christian - Confessing but not changing behavior - Falsely using scripture to justify the abuse

Economic Abuse

you an allowance - Taking

your money - Not letting

you know about or

have access to

family income

them for money - Giving

Making you ask

Using the

Community

and Church

POWER AND CONTROL

Using Children

Making you feel

guilty about the

behavior to the

Church

children - Threatening

the children, beating,

hitting, and otherwise abusing

children their parent is a bad

children report your "bad"

Christian and parent - Having the

the children - Turning the children

against you by using them to convey

messages and abuse to you - Telling the

members

Minimizing,

Blaming

God's will

justify the abuse

concerns about it seriously -

your fault, or the abuse was

Using your belief in God to

Saying the abuse didn't happen -

Saying you caused the abuse/it was

SEXUAL looks, actions, gestures, smashing things, destroying things in the home, harming shared animals, displaying weapons, stalking, or driving horse and buggy recklessly with you in it - Saying things about you to church leadership or community

Emotional Abuse

Putting you down - Making you feel bad about yourself by calling you names - Making you think you are crazy - Playing mind games - Making you feel guilty - Making you feel like a bad spouse, parent and/or Christian Making you feel like you're not loved by Christ - Making you feel like everything you do is a sin when you know it isn't

Isolation

Controlling and limiting who you are allowed to interact with and for how long - Controlling how you interact with God and the Church -Controlling where you are allowed to go - Keeping **Denying and** you from your friends and Making light of the family to abuse and not taking your

SEXUAL

control

you

SHYSICAL Adaptation of the original Power and Control Wheel approved by The Domestic Abuse Intervention Programs www.theduluthmodel.org

VIOLENCE

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