Coercion and Threats
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

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

Using Children
Making you feel guilty about the children - Threatening the children, beating, hitting, and otherwise abusing the children - Turning the children against you by using them to convey messages and abuse to you - Telling the children their parent is a bad Christian and parent - Having the children report your “bad” behavior to the Church

Minimizing, Denying and Blaming
Making light of the abuse and not taking your concerns about it seriously - Saying the abuse didn’t happen - Saying you caused the abuse/it was your fault, or the abuse was God’s will - Using your belief in God to justify the abuse

Power and Control

A mish / Plain Community Power and Control Wheel

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

VIOLENCE

PHYSICAL

SEXUAL

POWER

AND

CONTROL

EMOTIONAL

ABUSE

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 you from your friends and family to control you

MINIMIZING, DENYING AND BLAMING

Making light of the abuse and not taking your concerns about it seriously - Saying the abuse didn’t happen - Saying you caused the abuse/it was your fault, or the abuse was God’s will - Using your belief in God to justify the abuse

ECONOMIC ABUSE

Making you ask them for money - Giving you an allowance - Taking your money - Not letting you know about or have access to family income

USING CHILDREN

Making you feel guilty about the children - Threatening the children, beating, hitting, and otherwise abusing the children - Turning the children against you by using them to convey messages and abuse to you - Telling the children their parent is a bad Christian and parent - Having the children report your “bad” behavior to the Church

USING THE COMMUNITY AND CHURCH

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

VIOLENCE

PHYSICAL

SEXUAL