

EXERCISE #2 **THE POWER AND CONTROL WHEEL**

The purpose of this exercise is for women to consider the many different complex and systematic tactics that abusers use to maintain power and control in relationships.

- Provide handouts, or use a flipchart of the Power and Control Wheel.
- Explain "the Wheel," highlighting how an abuser chooses to use specific strategies, directed at a specific person, at specific times. Abusers aren't randomly using violence towards all people in their lives. Clearly, the use of abuse involves deliberate choice.
- Explain that this tool was developed to provide a clear visual understanding of the many complex ways in which abusers use specific strategies and tactics to gain power and control over women. Emphasize that the tactics used are very powerful, and for many women lead to a sense of isolation and feeling trapped, creating barriers to "leaving".
- Conclude with discussion of the Power and Control Wheel as a means of integrating all the concepts related to accurately understanding responsibility for abuse.

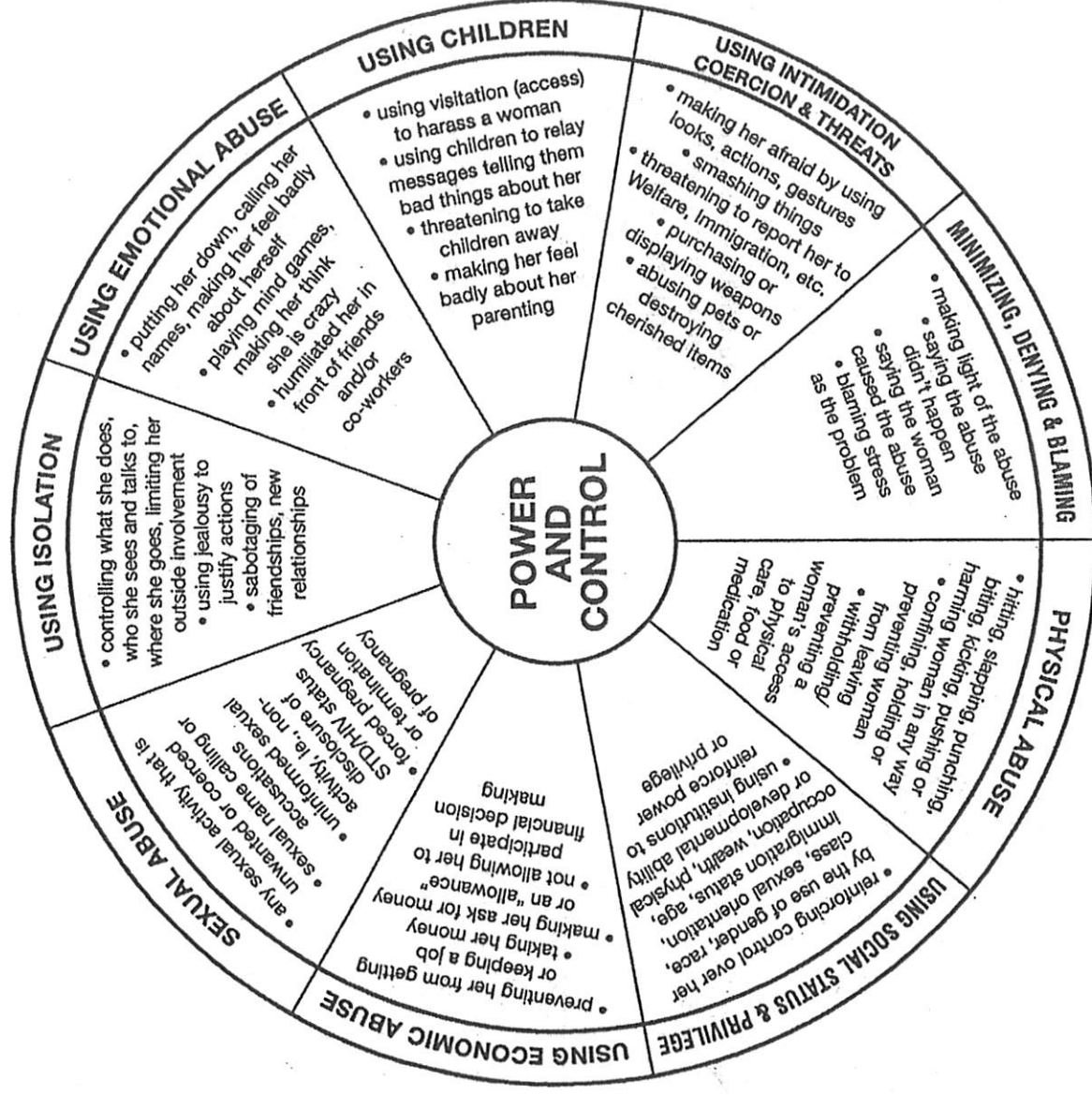
Many women have described how becoming informed about the Power and Control Wheel was a "turning point". Women describe feeling fully validated and understood for the first time in the recognition of the complexity of an abusive situation, and the danger and difficulty to leaving - thus beginning to resolve mixed and conflicting feelings about responsibility for abuse.

CHILDREN'S GROUP REVIEW

Facilitators must be fully informed about the content of the children's group for this week, and variations utilized with preschoolers and adolescents.

- The concurrent themes for the children's weekly group session are reviewed, and the facilitator may share examples of the exercises and resources used with children of different ages, depending on the ages of the children of the women in the group.
- Ideas about age appropriate ways for mothers to connect with and engage their children in discussion about the outcome of their group, and how to best support children after and between their group sessions are highlighted.

Woman abuse in adult relationships is generally defined as: The intentional and systematic use of tactics to establish and maintain power and control over the thoughts, beliefs, and conduct of a woman. The tactics can include, but are not limited to, the examples below.



Originally developed by
The Domestic Abuse Intervention Project, Duluth, USA

Further adapted by
London Abused Women's Centre
Ontario Canada