Power & Control Wheel for Lesbian, Gay, Bisexual and Trans Relationships

HETEROSEXISM

VIOLENCE

USING COERCION & THREATS
making and/or carrying out threats
to do something to harm you
threatening to leave or commit
suicide ● driving recklessly
to frighten you ● threaten-
ing "to out" you ● threaten-
ing others who are
important to you ●
stalking

USING ECONOMIC
ABUSE
preventing you from getting
or keeping a job ● making you
ask for money ● interfering with
work or education ● using your credit
cards without permission ● not working
and requiring you to provide support
● keeping your name off joint assets

USING PRIVILEGE
treating you like a servant ● making
all the big decisions ● being the one to
define each partner's roles or duties
in the relationship ● using privilege
or ability to "pass" to discredit
you, put you in danger,
cut off your access to
resources, or use the
system against
you

USING CHILDREN
making you feel guilty
about the children ●
using children to relay
messages ● threatening to take
the children ● threatening to tell
your ex-spouse or authorities
that you are lesbian, gay,
bisexual or trans so
they will take the
children

USING ISOLATION
controlling what you do, who you see or
talk to ● limiting your outside activities ● using
jealousy to control you ● making you
account for your whereabouts ● saying
no one will believe you, especially
not if you are lesbian, gay,
bisexual, or trans ●
not letting you go
anywhere alone

USING INTIMIDATION
making you afraid by
using looks, gestures, actions ●
smashing things ● abusing pets ●
displaying weapons ● using
looks, actions, gestures
to reinforce homophobic,
biphobic or transphobic
control

USING EMOTIONAL
ABUSE
putting you down ● making
you feel bad about yourself ● call-
ing you names ● playing mind games ●
making you feel guilty ● humiliating you
● questioning if you are a "real" lesbian, "real"
man, "real" woman, "real" femme, "real" butch,
etc. ● reinforcing internalized homophobia,
biphobia or transphobia

USING MINIMIZING,
& BLAMING
making light of the abuse ●
saying it didn't happen ●
shiftig responsibility for abusive
behavior ● saying it is your fault, you
desired it ● accusing you of "mutual
abuse" ● saying women can't
abuse women/ men can't abuse
men ● saying it's just
"fighting," not
abuse

HOMOPHOBIA

PHYSICAL

VIOLENCE

HETEROSEXISM

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