Dating Violence Wheel

Do you recognize any of these warning signs in your relationships?

Emotional Abuse

Making you feel

badly about yourself

· Name calling ·

Making you think

you are crazy ·

Playing mind games

Humiliating you

Making you feel guilty

Peer Pressure

Threatening to expose your weaknesses or spreading rumors · Telling malicious lies about an individual to their peer group

Threats

Making and/or carrying out threats to hurt you, your friends, or your family. Threatening to leave the relationship or to commit suicide. Making you drop police charges. Threatening you with punitive ctions. Making you do illegal things

Intimidation

Bullying you to get their way · Making someone afraid by using looks, actions, gestures · Smashing things · Destroying your property · Abusing your pets · Displaying weapons

POWER CONTROL

Controlling you with their anger Putting you down Preventing you from spending

Preventing you from spending time with your friends or family.
Controlling what you do, who you spend time with and talk to.
Controlling what you read and where you go. Limiting outside involvement

Social Status

Treating you like a servant · Making all the decisions · Acting like the "master of the castle" · Being the one to define gender (men & women's) roles in a relationship · Using popularity to control the relationship

Possessiveness

Isolating you from friends outside of their own · Using jealousy to justify actions · Using jealousy as a sign of love/affection · Accusing you of cheating · Telling you how to dress or act

Sexual Coercion

Manipulating or making threats to get sex Getting someone drunk or drugged to have sex Hiding or throwing away someone's birth control Taking off a condom without consent Threatening to take your children away

Minimizing or Blaming

Blaming you for their anger · Making light of the abuse and not taking concerns about it seriously · Saying the abuse did not happen · Shifting responsibility for their abusive behavior · Saying you caused the abuse

Physical Violence

Hitting, scratching, shaking, choking, pinching, pushing, biting, or grabbing. Using one's body size or strength against another person





