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National Center on Domestic and Sexual Violence online training, consultation, advocacy
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LESBIAN/GAY POWER AND CONTROL WHEEL

HETEROSEXISM

PHYSICAL VIOLENCE

SEXUAL VIOLENCE

INTERNALIZED HOMOPHOBIA

Power and Control

victim & abuser

EXTERNAL HOMOPHOBIA

INTERNALIZED HOMOPHOBIA

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 or gay so they will take the children.

MINIMIZING, DENYING, & BLAMING:

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 because you’re lesbian or gay

USING PRIVILEGE:
Treating you like a servant. Making all the big decisions. Acting like the “lord of the castle.” Being the one to define each partner’s place or duties in the relationship.

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 support her/him. Putting assets in partner’s name only.

USING EMOTIONAL ABUSE:

USING INTIMIDATION:

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. Threatening to “out” you. Threatening others who are important to you. Stalking.

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