Amish / Plain Community Power and Control Wheel

POWER

AND

CONTROL

VIOLENCE

Coercion and Threats

PHYSICAL 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

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

Using the

Community

and Church

Using Intimidation

SE UAL Making you afraid by using looks, actions, gestures, smashing things, destroying things in the home, harming shared animals, displaying weapons, stalking, or driving horse and buggy recklessly **Emotional** with you in it - Saying **Abuse** things about you to church leadership

Putting you down - Making or community you feel bad about yourself by members 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

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

hitting, and otherwise abusing the children - Turning the children against you by using them to convey messages and abuse to you - Telling the DIAN SICAL children their parent is a bad Christian and parent - Having the children report your "bad" Church

Using Children Making you feel guilty about the children - Threatening the children, beating, behavior to the

Isolation

Controlling and limiting who you are allowed to interact with and for how long - Controlling how you interact with God and the Church -

control

you

Minimizing. Controlling where you are allowed to go - Keeping **Denying and** you from your **Blaming**

friends and Making light of the family to 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 SEXUAL God's will

Using your belief in God to justify the abuse

VIOLENCE

Duluth, MN

Adapted from the original Power and Control Wheel developed by Domestic Abuse Intervention Project

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