

Violence Wheel

The chart below is a way of looking at the behaviors abusers use to get and keep control in their relationships. Battering is a choice. It is used to gain power and control over another person. Physical abuse is only one part of a system of abusive behaviors.

Abuse is never a one-time event.

This chart uses the wheel to show the relationship of physical abuse to other forms of abuse. Each part shows a way to control or gain power.



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