IS YOUR RELATIONSHIP BASED ON EQUALITY?

NEGOTIATION & FAIRNESS
seeking mutually satisfying resolutions to conflict + accepting change + being willing to compromise

ECONOMIC PARTNERSHIP
making money decisions together + making sure both partners benefit from financial arrangements

SHARED RESPONSIBILITY
mutually agreeing on a fair distribution of work + making family decisions together

NON-THREATENING BEHAVIOR
talking and acting so that you feel safe and comfortable expressing yourself and doing things

RESPECT
listening to you non-judgmentally + being emotionally affirming and understanding + valuing your opinions

TRUST & SUPPORT
supporting your goals in life + respecting your right to your own feelings, friends, activities, and opinions

HONESTY & ACCOUNTABILITY
accepting responsibility for self + acknowledging past use of violence + admitting being wrong + communicating openly and truthfully

RESPECT
listening to you non-judgmentally + being emotionally affirming and understanding + valuing your opinions

NONVIOLENCE
looking for and living with nonviolent solutions, rather than for violence

RESPONSIBLE PARENTING
sharing parental responsibilities + being a positive nonviolent role model for children

NONVIOLENCE
looking for and living with nonviolent solutions, rather than for violence

DOMESTIC ABUSE INTERVENTION PROGRAMS
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OR IS YOUR RELATIONSHIP BASED ON POWER AND CONTROL?

**Male Privilege**
- treating you like a servant
- making all the big decisions
- acting like the “master of the castle”
- being the one to define men’s and women’s roles

**Economic Abuse**
- preventing you from getting or keeping a job
- making you ask for money
- giving you an allowance
- taking your money
- not letting you know about or have access to family income

**Using Children**
- making you feel guilty about the children
- using the children to relay messages
- using visitation to harass
- threatening to take the children away

**Minimizing, Denying & Blaming**
- making light of the abuse and not taking your concerns about it seriously
- saying the abuse didn’t happen
- shifting responsibility for abusive behavior
- saying you caused it

**Coercion & Threats**
- making and/or carrying out threats to do something to hurt you
- threatening to leave you
- to commit suicide, or to report you to welfare
- making you drop charges
- making you do illegal things

**Intimidation**
- making you afraid by using looks, actions, and gestures
- smashing things
- destroying your property
- abusing pets
- displaying weapons

**Emotional Abuse**
- putting you down
- making you feel bad about yourself
- calling you names
- making you think you’re crazy
- playing mind games
- humiliating you
- making you feel guilty

**Isolation**
- controlling what you do, who you see and talk to, what you read, and where you go
- limiting your outside involvement
- using jealousy to justify actions

**Physical Violence**
- Physical and sexual assaults, or threats to commit them, are the most apparent forms of domestic violence and are usually the actions that allow others to become aware of the problem. However, regular use of other abusive behaviors by the batterer, when reinforced by one or more acts of physical violence, make up a larger system of abuse. Although physical assaults may occur only once or occasionally, they instill threat of future violent attacks and allow the abuser to take control of the woman’s life and circumstances.

The Power & Control diagram is a particularly helpful tool in understanding the overall pattern of abusive and violent behaviors, which are used by a batterer to establish and maintain control over his partner. Very often, one or more violent incidents are accompanied by an array of these other types of abuse. They are less easily identified, yet firmly establish a pattern of intimidation and control in the relationship.