Duluth Model of Power and Control

**Power and Control**

- **Using Coercion and Threats**: Making and/or carrying out threats to do something to harm her or threatening to leave her, to commit suicide, to report her to welfare, or making her drop charges or making her do illegal things.

- **Using Economic Abuse**: Preventing her from getting or keeping a job or making her ask for money, giving her an allowance, taking her money or not letting her know about or have access to family income.

- **Using Male Privilege**: Treating her like a servant, doing all the top decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.

- **Using Children**: Making her feel guilty about the children, using the children to relay messages, using visitation to harass her or threatening to take the children away.

- **Using Isolation**: Controlling what she does, who she sees, and talks to, what she eats, where she goes, limiting her outside involvement, or using jealousy to justify actions.

- **Using Intimidation**: Making her afraid by using looks, actions, gestures, or sounding things, destroying her property, abusing pets, or displaying weapons.

- **Using Emotional Abuse**: Putting her down, making her feel bad about herself, calling her names, making her think she’s crazy, playing mind games, humiliating her, making her feel guilty.

- **Using Male Privilege**: Treating her like a servant, doing all the top decisions, acting like the “master of the castle,” being the one to define men’s and women’s roles.

**Nonviolence**

- **Negotiation and Fairness**: Seeking mutually satisfying resolutions to conflict, accepting change, being willing to compromise.

- **Economic Partnership**: Making money decisions together, ensuring both partners benefit from financial arrangements.

- **Shared Responsibility**: Mutually agreeing on a fair distribution of work, making family decisions together.

- **Responsible Parenting**: Sharing parental responsibilities, being a positive non-violent role model for the children.

- **Non-threatening Behavior**: Taking and acting so that she feels safe and comfortable expressing herself and doing things.

- **Respect**: Listening to her non-judgmentally, being emotionally affirming and understanding, valuing opinions.

- **Trust and Support**: Supporting her goals in life, responding to her needs, her feelings, her friends, activities and opinions.

- **Honesty and Accountability**: Accepting responsibility for self, acknowledging past use of violence, admitting being wrong, communicating openly and truthfully.