**Power and Control Wheel Reflection**

1. Where do you see your own actions on the power and control wheel?   
   Please give examples of your actions under the applicable areas.   
   How frequently did you use these tactics?

Often – Sometimes – Rarely – Never

Physical Violence:

Using Intimidation:

Using Emotional Abuse:

Using Isolation:

Minimizing, Denying, and Blaming:

Using Children:

Using Male Privilege:

Using Economic Abuse:

Using Coercion and Threats:

Sexual Disrespect:

Sexual Violence:

