**Checklist**

**The Duluth Model ~ Power and Control**

[**https://www.theduluthmodel.org**](https://www.theduluthmodel.org)

**Coercion & Threats**

* Making and/or carrying out threats to do something to hurt her, commit suicide, or report her to welfare.
* Making her drop charges.
* Making her do illegal things.

**Male Privilege**

* Treating her like a servant.
* Making all the big decisions.
* Acting like "master of the castle."
* Being the one to define men's and women's roles.

**Economic Abuse**

* Preventing her from getting or keeping a job.
* Making her ask for money.
* Giving her an allowance.
* Taking her money.
* Not letting her know about or have access to family income.

**Using Children**

* Making her feel guilty about the children.
* Using the children to relay messages.
* Using visitation to harass her.
* Threatening to take the children away.

**Intimidation**

* Making her afraid by using looks, actions and gestures.
* Smashing things.
* Destroying her property.
* Abusing pets.
* Displaying weapons.

**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.

**Isolation**

* Controlling what she does, who she sees and talks to, what she reads, and where she goes.
* Limiting her outside involvement.
* Using jealousy to justify actions.

**Minimizing, Denying & Blaming**

* Making light of abuse.
* Not taking her concerns about it seriously.
* Saying the abuse didn't happen.
* Shifting responsibility for abusive behavior.
* Saying she caused it.

DOMESTIC ABUSE INTERVENTION PROGRAMS

202 East Superior Street Duluth, Minnesota 55802

218-722-2781

www.theduluthmodel.org