THE POWER & CONTROL WHEEL: AFRICAN AMERICAN/BLACK
CREATED BY AMANI COMMUNITY SERVICES

These are the primary eight ways an abuser uses their dominance within the black community.

1. INTIMIDATION
   - Ex: Posts on social media to try to embarrass you
   - Create a “look” that makes you fear them
   - Break things

2. EMOTIONAL ABUSE
   - Ex: Your partner not allowing you to get your hair/nails done
   - Calling you an “F-Word” or “B-Word”
   - Negatively talking about your family or friends
   - Disappear or “block you” for periods of time
   - Deeming yourself worthless
     “I see why your ex beat you”
     “Nobody wants you, etc.”
   - Comparing you to past partners negatively
     “You just like him/her”
     “You crazy, mad, etc.”

3. ISOLATION
   - Ex: Keeping you away from family/friends/community
   - Not allowing you to call the police; manipulate as if they are the victim
   - Making you stay home
   - Spreading gossip lies to create division between you and your family/friends
   - Keeping track of how long you are gone and where you can go
   - Use jealousy to justify actions

4. MINIMIZING, DENYING & BLAMING
   - Ex: Denying what they said; acuse you of hearing things
   - Blame you for the abuse
     “You made me, it’s your fault, etc.”
   - Don’t take accountability for their own actions
     “I never had a father, etc.”
   - “I won’t pay child support”

5. CHILDREN
   - Questioning them
   - Make them choose sides
   - Withhold child support
   - Threating them/you

6. PRIVILEGE
   - Ex: Use social status/title to create fear of loss or downgrade if you leave
   - Treat you like a servant
   - Making you do all of the household chores
   - Timing you when you leave
   - Take your car or money
   - Choose what you can wear
   - Use their physical appearance to degrade or place hierarchy of control

7. ECONOMIC ABUSE
   - Ex: Beat you if you do not give them your money or do not buy them what they want
   - Go to your job and create a scene to try to get you fired
   - They don’t allow you to work and pay for everything, so you have to depend on them
   - Take your check or steal cash/debit card
   - Manipulate you around tax time for money/gifts
   - Lie about needing to pay something/bill/kids, etc.

8. COERCION & THREATS
   - Ex: Increase use of weapons around you in the community
   - Threat to kill you or your family
   - False reports of abuse to authorities
   - Make you do illegal things for them

“POWER AND CONTROL IS A MEANS TO DESTROY. IT IS NOT BLACK LOVE.”

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