

**ART Domestic Violence Power and Control Worksheet.**

Lets look at the measure of the present events and situation.

To move forward it is always important to realise what really is the situation. The Duluth Power and Control Chart is are a good start to measure and realise the signs of your reality.



Source: <https://www.whiteribbon.org.au/understand-domestic-violence/what-is-domestic-violence/controlling-relationships/power-and-control-wheel/>



Therapeutic Reflexology | Remedial Massage | Total Body Wellness

**File out this list to confirm in your mind what it is that you are experiencing now**

|                                     |
|-------------------------------------|
| 1. Using Intimidation.              |
| 2. Using Emotional Abuse.           |
| 3. Using Isolation.                 |
| 4. Minimizing, Denying and Blaming. |
| 5. Using Children.                  |
| 6. Using Gender Privileges.         |
| 7. Using Economic Abuse.            |
| 8. Using Coercion and threats.      |

**Other Notes:**