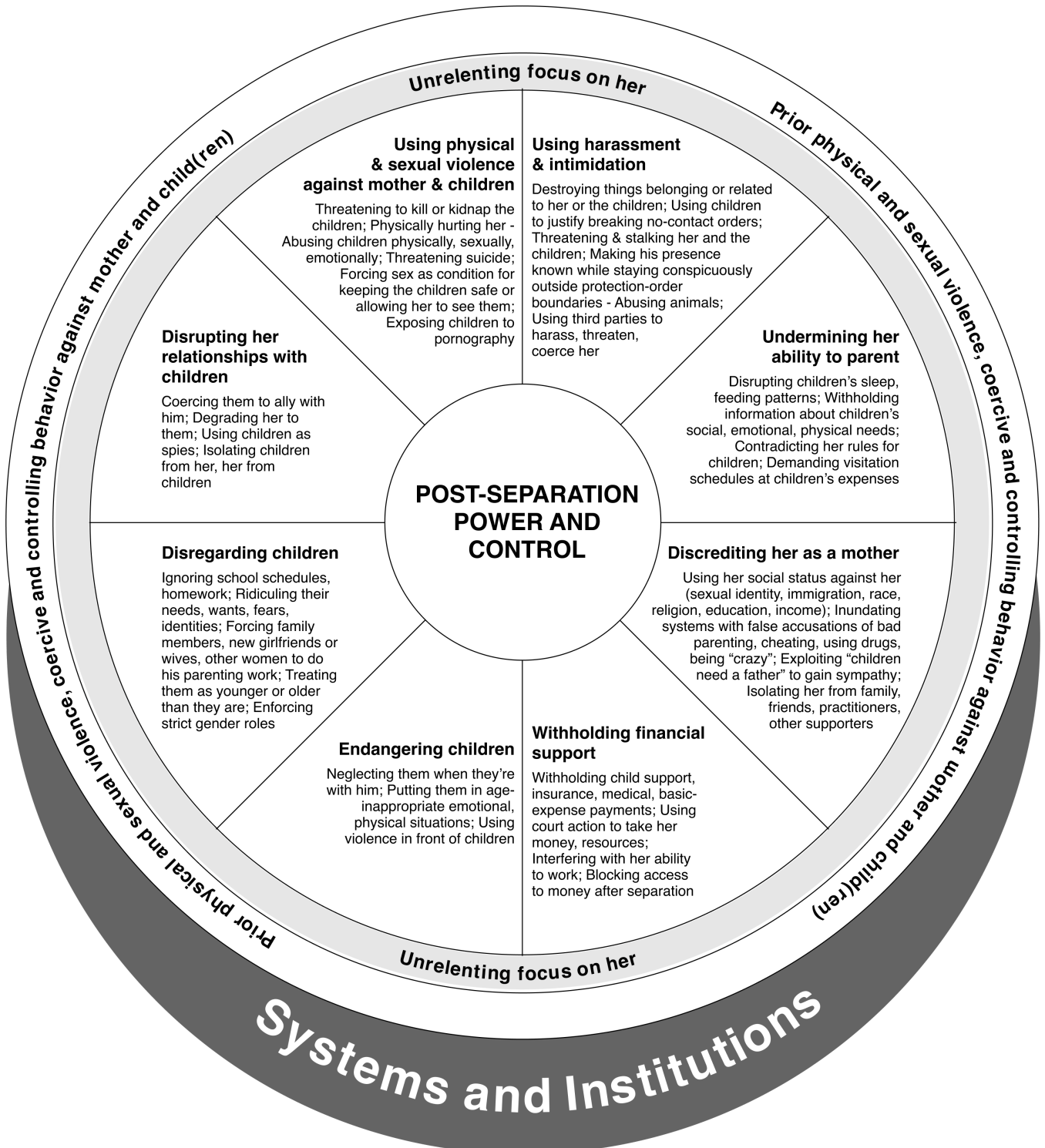


Post-Separation Abuse Wheel

Name: _____ Date: _____

The Post-Separation Abuse Wheel is a conceptual model developed by the Domestic Abuse Intervention Project in Duluth, Minnesota, to illustrate the tactics used by abusers to maintain control over their victims after a relationship has ended. It builds on the widely recognized Power and Control Wheel used in domestic violence contexts and highlights specific forms of abuse that persist post-separation. These behaviors are aimed at punishing the victim for leaving, exerting control, and often harming children in the process.

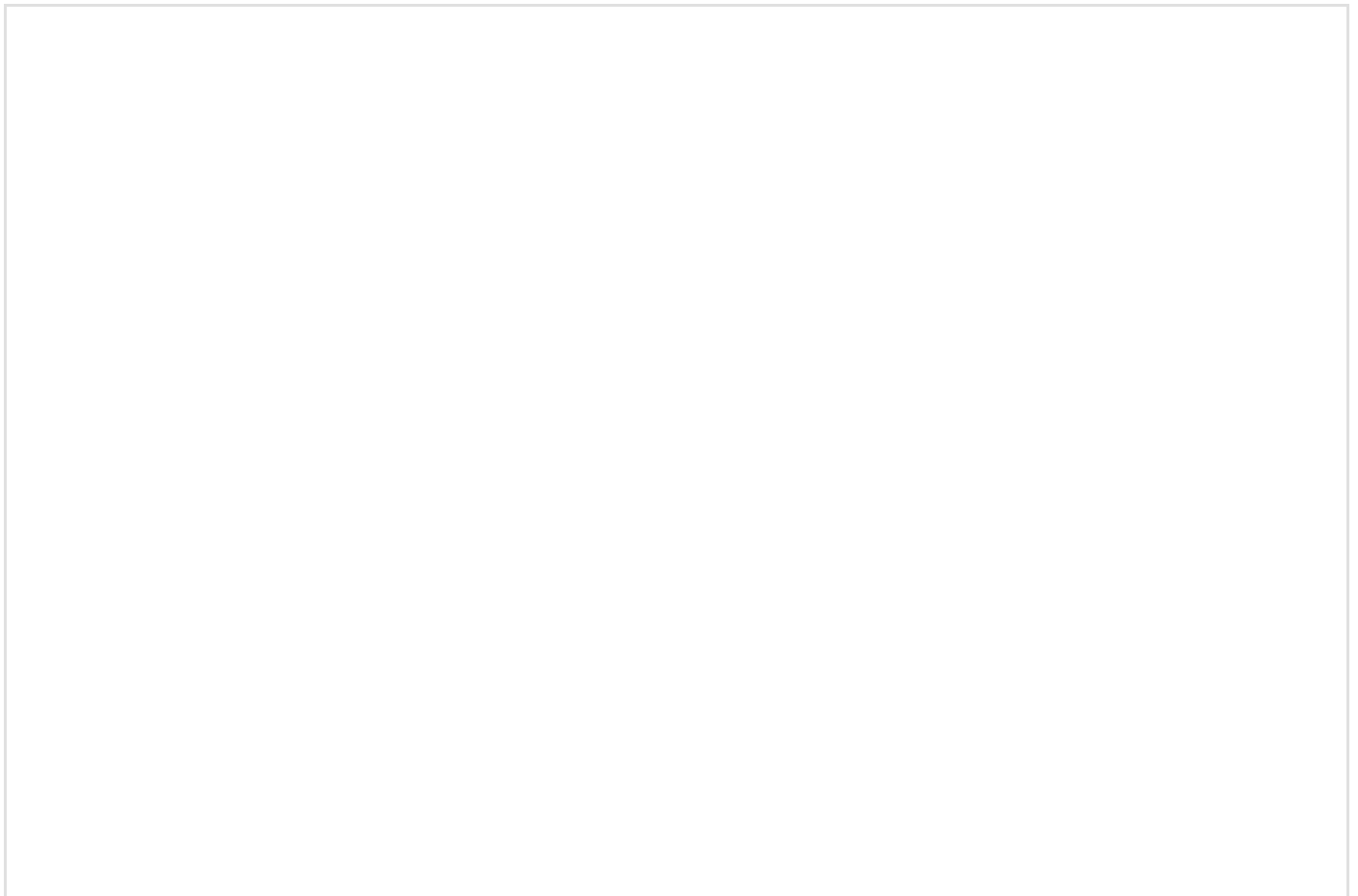


Key forms of post-separation abuse

The wheel identifies several categories of abusive behaviors, including:

- Using physical and sexual violence against mother and children (threatening to kidnap the children).
- Using harassment and intimidation (destroying things belonging or related to her or the children).
- Undermining her ability to parent (disrupting children's sleep/feeding patterns).
- Discrediting her as a mother (using her social status against her).
- Withholding financial support (withholding child support, insurance, medical etc.).
- Endangering children (neglecting them when they're with him).
- Disregarding children (Ignoring school schedules, homework).
- Disrupting her relationships with children (coercing them to ally with him).

Additional notes



Reference

Domestic Abuse Intervention Programs. (2021). *Post separation power and control wheel*.
<https://www.theduluthmodel.org/wp-content/uploads/2021/10/Post-Separation-Power-and-Control.pdf>

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