A Power and Control Perspective

- **Using Emotional Abuse**: Instilling guilt, humiliating, yelling, degrading, insulting, demeaning, denying, blaming, withholding affection, creating a siege mentality.
- **Intimidation**: Abusing pets, swearing, breaking things, displaying weapons, property damage.
- **Isolation**: Cutting off contacts, not allowing visitors, taking mail, denying access to the phone.
- **Economic Abuse**: Taking money, taking over titles, taking over home, giving away assets, misuse of powers of attorney, spends assets, takes over property, stealing.
- **Neglect**: Denying food, water, personal care or medical care.
- **Using Privilege**: Treatment like a servant, master of the home, perpetuating the belief that it is the abuser’s right to be served.
- **Increasing Dependency**: Exploiting vulnerabilities: withholding care, taking walker, wheelchair, glasses or teeth.
- **Threats of Violence**: Taking away access to children or grandchildren, facility placement, denying care, abandonment.

**Power and Control**
A Non-Violent/Equality Perspective

- **Non-Violence**
  - Negotiation and Fairness
    - Seeking mutually satisfying resolutions to conflict
    - Accepting change
    - Being willing to compromise
  - Non-Threatening Behavior
    - Talking and acting so that she feels safe and comfortable expressing herself and doing things.
  - Economic Partnership
    - Making money decisions together, making sure both partners benefit from financial arrangements.
  - Respect
    - Listening to her non-judgmentally, being emotionally affirming and understanding, valuing opinions.
  - Shared Responsibility
    - Mutually agreeing on a fair distribution of work, making family decisions together.
  - Responsible Parenting
    - Sharing parental responsibilities, being a positive non-violent role model for the children.
  - Trust and Support
    - Supporting her goals in life, respecting her right to her own feelings, friends, activities and opinions.
  - Honesty and Accountability
    - Accepting responsibility for self, acknowledging past use of violence, admitting being wrong, communicating openly and truthfully.
- **Equality**

This diagram outlines the perspective of non-violence and equality, focusing on various aspects such as negotiation, fairness, respect, shared responsibility, responsible parenting, trust, and accountability. These elements are crucial in fostering a non-violent and equal relationship environment.