

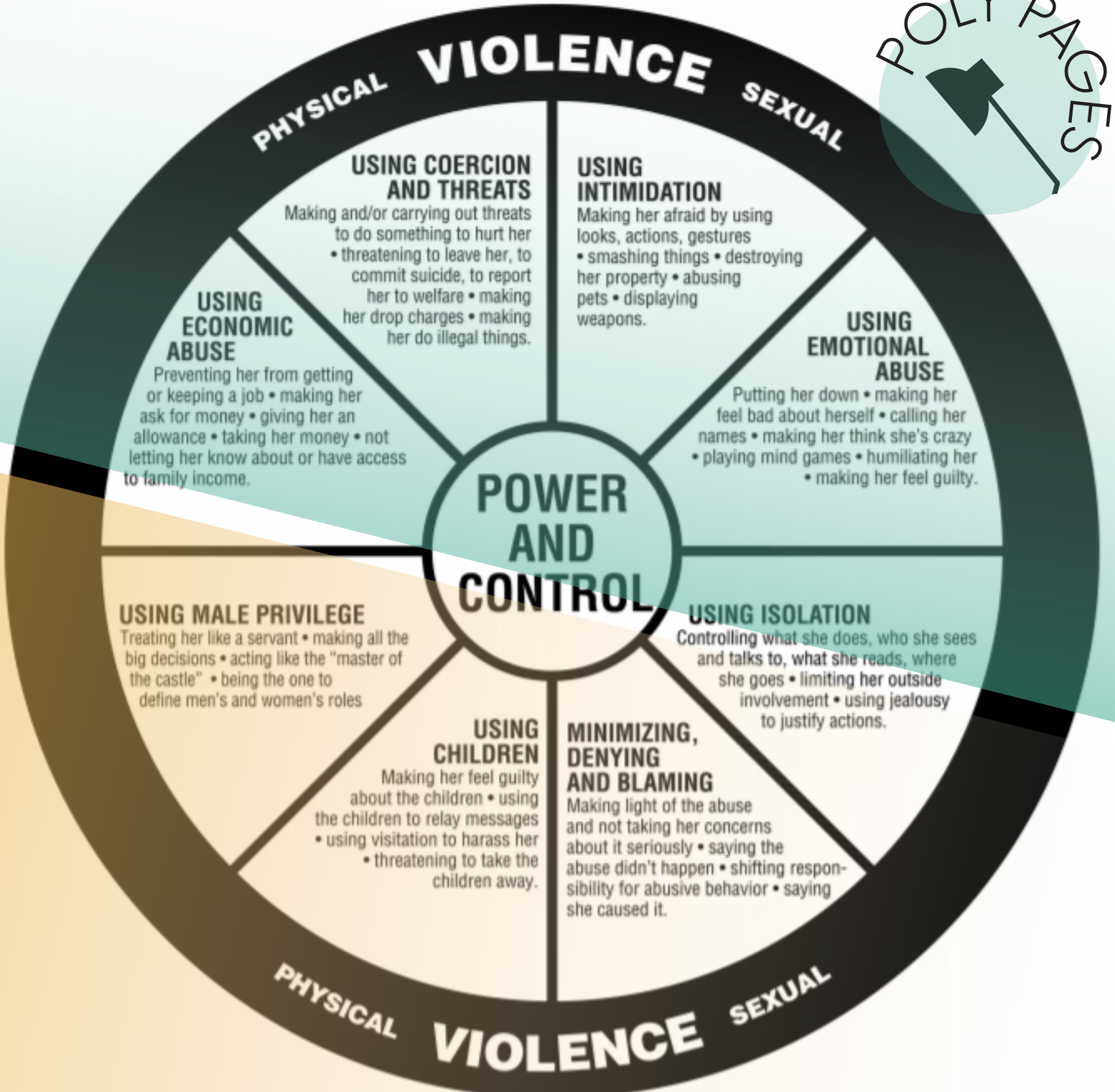


a model for

abuse in polyamory

based on the Duluth Wheel
of Power and Control

POLY PAGES
↑





**the wheel is a visual
resource to aid us in a
comprehensive
understanding of the
tactics used by abusers
and how these tactics
interact to maintain
control and power in a
relationship**



THE HISTORY

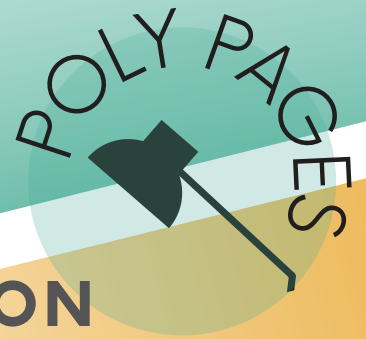
**this wheel was developed
in Duluth Minnesota in
1980s based on interviews
with 'battered women' who
spoke about their
experiences of living in an
abusive dynamic**



THE CRITIQUES

**the wheel is a product of
it's time and is highly
gendered, mono- and
hetero- normative.**

**however ongoing iterations
have updated the resource
with a wider pool of focus
groups and interviews**



POLYAMOROUS ADAPTATION

**there is no formal
polyamorous adaptation of
this wheel. but Poly Pages
has released a model
based on common
examples of abuse in
polyamory using the duluth
sections**

SWIPE FOR SECTIONS >>>



male/couple privilege

pressure to agree to gendered rules on who you can date and how eg OPP | defining boundaries, norms or roles | pressure to perform your gender or sex in a specific way inc. to birth | using couples privilege to implement, change or introduce rules eg. veto rules |

use of nicknames you don't like in private or public | constantly reminding the secondary that they are 'lesser' | told that polyamory is 'just hard' or that you are too difficult for anyone else to accept | constantly changing rules and agreements | making them feel guilty about their polyamory | constantly being compared to other partners | using KTP to play mind games on one partner

emotional abuse



threats and coercion

threats to 'out' you or your other partners, family, job, or landlord | |
threats to leave or expel a secondary from the house | intimidating
a metamour to leave a hinge partner | making you do illegal things |

use your children to relay messages | threats to 'out' you to your children, or get them taken away | pressure to conform to the polycule family planning or birth-spacing | demands to disclose family planning information | using children's school, visitation or family events to harass or coerce | a primary or nesting partner might use children as an excuse to unilaterally change open relationship agreements | partner may put photos of your children online without your permission

using children

making your partners afraid using
looks actions or gestures |
smashing/destroying items of your
other partners or things that have
sentimental value from your other
relationships | displaying jealousy as
anger to you or your partners |
threatening to make a hinge partner
'choose'



intimidation

economic abuse

keeping your third or unicorn off of
household income or address |
pressuring someone to quit their job |
taking someones money | giving an
allowance contingent on the work for
the household eg 'buy in' | threatening
to 'out' someone to their place of
work |



isolation

controlling what you do, where you go or who you speak to | demanding to see texts between you and your other partners | demanding to be included in dates or sexual experiences with other partners | using the veto power | using jealousy to justify actions | calling other partners during arguments | controlling what you wear

making light of abuse | using other partners/metamours to minimise the abuse | saying the abuse didn't happen | using other partners to help gaslight or blame the victim | accusing someone of 'mutual abuse' | using excuses like 'that's just what polyamory is' or 'it's meant to be hard' | shifting responsibility to a different partner | using the group to convince you that you are crazy

minimizing,
denying &
blaming