OLY PAGES

a model for

abuse polyamory

based on the Duluth Wheel of Power and Control

PHYSICAL VIOLENCE SEXUAL

USING COERCION AND THREATS

Making and/or carrying out threats to do something to hurt her . threatening to leave her, to commit suicide, to report her to welfare . making her drop charges . making her do illegal things.

USING INTIMIDATION

Making her afraid by using looks, actions, gestures . smashing things . destroying her property . abusing pets . displaying weapons.

USING **EMOTIONAL ABUSE**

Putting her down . making her feel bad about herself . calling her names . making her think she's crazy · playing mind games · humiliating her · making her feel guilty.

USING **ECONOMIC ABUSE**

Preventing her from getting or keeping a job . making her ask for money . giving her an allowance . taking her money . not letting her know about or have access to family income.

POWER AND CONTROL

USING MALE PRIVILEGE

Treating her like a servant . making all the big decisions . acting like the "master of the castle" . being the one to define men's and women's roles

USING CHILDREN

Making her feel guilty about the children . using the children to relay messages · using visitation to harass her . threatening to take the children away.

USING ISOLATION

Controlling what she does, who she sees and talks to, what she reads, where she goes . limiting her outside involvement • using jealousy to justify actions.

MINIMIZING. DENYING AND BLAMING

Making light of the abuse and not taking her concerns about it seriously . saying the abuse didn't happen . shifting responsibility for abusive behavior . saying she caused it.

PHYSICAL

VIOLENCE SEXUAL



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 priviledge 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 aggrements | 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 | intimdating 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



making your partners afraid using looks actions or gesutrues | 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

PAGES

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 want 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