



## Guide- Understanding power and control behaviours

*“Don’t let the people who do so little for you, control so much of your feelings and emotions”*

### Introduction

When considering the mediation option the mediator will discuss with you, among other things, how power and control is exercised within your relationship so that you and the mediator can decide whether it will be possible in mediation for the ‘need to feel and be in control’ to be managed (and self-managed) so that you and your former partner/spouse are able to have the quality of conversation they will need to have (free from the exercise and abuse of power and control) to be able to make decisions and reach successful outcomes together.

### The Power and Control (and manipulation) wheel

This model is a useful tool to help people understand and become more aware of whether and how (the different way: tactics) power and control may be part of their relationship and used to manipulate, so that they can think about this more clearly and discuss it with the mediator and (if safe to do so) each other within the confidential and secure confines of mediation.

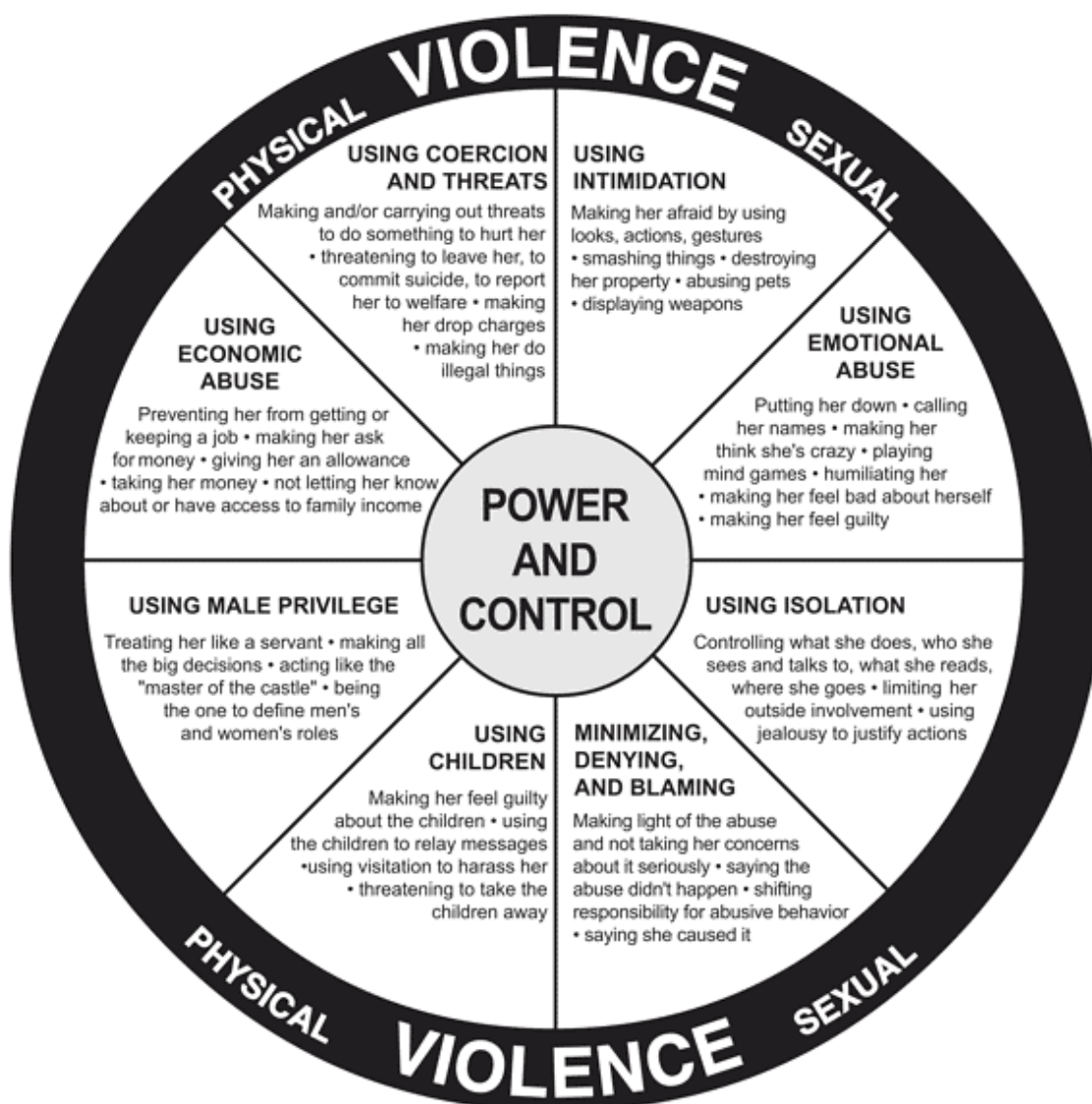
Even though it can often feel extremely difficult to talk about these experiences, for all sorts of reasons, it will be very important for the mediator to be made aware of them so that they can properly assess whether mediation is going to be suitable in any way and in any form.

Rather than explain the Power and Control wheel we will leave you to have a look at the diagram below and watch the videos (use the links below provided) so that you feel more able and empowered to have a conversation with the mediator about this aspect of your relationship during your initial [pre-mediation 1on1 confidential meetings](#) before you decide whether mediation is for you.

### Videos (Behavioural tactics)

For the purposes of explanation, the videos refer to the abuser being male but of course this is not always the case.

- [Overview](#)
- [Physical and Sexual Violence \(outer ring\)](#)
- [Using Intimidation](#)
- [Using Emotional Abuse](#)
- [Using Isolation](#)
- [Minimizing, Denying and Blaming](#)
- [Using Children](#)
- [Using Male Privilege](#)
- [Using Economic Abuse](#)
- [Using Coercion and Threats](#)



[Understanding the Power and Control Wheel - \(theduluthmodel.org\)](http://theduluthmodel.org)

### What next

Our recommendation, if you can manage it, is to be as open and honest with the mediator about your experience of your partner's behaviour and its impact on you, so that the mediator can go on to discuss whether mediation will be possible in any form (mediation can take many forms as long as the main principles are adhered to) and if so what support you will need to feel sufficiently supported before, during and after the mediation session ensuring that you feel safe, secure and capable of having the kind of conversation needed to be able to discuss, resolve and solve problems together in mediation.

Best wishes

**John E Hind- Author of the Divorce Handbook**