# **Post Separation Power and Control Wheel**

**Post Separation** 

Power and

Control

Isolation

## Counter Parenting

Undermines the safe parent's parenting abilities and decisions. \* Denies or withholds consent/care for child's medical or therapeutic needs. \* Seeks to impose opposing values in the child to spite the safe parent..

#### Financial Abuse

Blocks access to bank accounts and other financial resources. \* Interferes or jeopardizes job interviews, employment, or career advancement of the safe parent. \* Misuse of litigation to disadvantage the safe parent financially. \* Withholds, mismanages, or delays support payments and court-ordered reimbursement.

### Legal Abuse

Misuse of court proceedings to control, harass, intimidate, coerce, and exhaust the financial and emotional resources of the safe parent. \* Disregards court orders, makes false reports, deliberately causes delays in court proceedings, and makes legal threats to assert power and control over the safe parent. \* Seeks a change in custody only as a means of

revenge, punishment, and continued control over the safe

Harassment and Stalking

Bombards the healthy parent with an overwhelming number of emails, phone calls, and manipulative, threatening, and abusive messages. \* Monitors whereabouts, social

interactions, social media, etc. via devices, online communications, or spyware. \* Terrorizes and intimidates safe parent with threats without rising to the level of involving law enforcement. .

# Alienation **Allegations**

Child favors the safe parent and rejects the abusive parent leading to false allegations of alienation. \* Parental alienation claims lodged against the safe parent as a legal strategy to cast doubt on their credibility. \* Valid claims of abuse labeled as **Abusive Parenting** alienation by the abusive parents as

a defensive tactic. Exposes children to unsafe content situations, or people, which creates concern and fear in the safe parent. \* Uses violence, intimidation, threats, manipulation, and ridicule to gain compliance from the children. \* Abusive parent places their own needs above the needs of the child.

Neglectful Or

#### Coercive Control

Creates a sense of fear that pervades all elements of the safe parent's life. \* Consistently belittles, undermines, shames, and criticizes the safe parent to abuse emotionally. \* Strategically manipulates family, friends, or community into conflict and gain an advantage (triangulation). \* Imposes a false

narrative to make the safe parent doubt their Spreads lies and rumors to family, friends, teachers, reality, memory, and perceptions and community relationships (gaslighting). to discredit the safe parent and destroy their support system and reputation. \* Paints a false narrative, projecting their own issues to discredit the safe parent. \* Withholds child's social

interaction to maintain abusive

parents' sphere of control.

This information was taken from One Mom's Battle, LLC (2023).

www.onemomsbattle.com

\*Crossroads Crisis Center does not own this information.

