



love is respect org

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The Power and Control Wheel is a tool that helps explain the different ways an abusive partner can use power and control to manipulate a relationship. Click on a spoke of the wheel to learn more about one of the forms of abuse, including examples and red flags. (If you are on a mobile device, [click here](#) to see a static version of the Power and Control Wheel.)

Do you recognize any of the warning signs in your own relationship? Call, chat or text with one of our peer advocates today. We can help!

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