

Power and Control Wheel Game

You can play this game similar to the “What-if” game. Therapist and child/parent take turns asking each other questions. If he/she gets the question right, he/she gets to throw a bean bag or wad of paper in the trashcan.

(Healthy Relationships; created with a mature 12-year-old)

1. How are power and control used in relationships in an unhealthy way?
2. What is an example of intimidation?
3. What is making light of the abuse and not taking concerns about it seriously, saying “It didn’t happen,” or “The other person caused it?”
4. “You have to do what I say because I’m in charge. I’m the man of the house.” What type of control is this?
5. If someone says, “I want to hang out with you. I don’t want you to hang out with your friends as much. I don’t want you to go to the movies or skate park with your friends anymore,” (and they don’t give you any other reason), what type of control is that?
6. What could kids do to negotiate with their parents if they find themselves in that situation?
7. What should you do if both parents are trying to get you to do something with them (separately) at the same time? (good for kids with divorced/separated parents)
8. What if one parent is buying a child a bunch of cool stuff, and the other parent isn’t? Do kids feel differently about either parent because of that?
9. What should you do if somebody kept yelling at you all the time? Would you tell somebody, if that person was really important to you? You don’t want to get them in trouble, but you also don’t want them to keep yelling at you.