Recognizing and Understanding Domestic Violence

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Domestic violence or abuse can sometimes be difficult to admit or even understand. Here are some visuals that might help.

If one of the situations within either of these "Power and Control" wheels exists in your situation, please be sure to let us know.

Regardless of what specific legal issue you're contacting us about, understanding this part of your situation could prove vital in our help to you.

For more free and confidential guidance about abuse, you may also contact an advocacy office near you, (in Kansas: https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map/).

NONVIOLENCE

NEGOTIATION AND FAIRNESS

Seeking mutually satisfying resolutions to conflict

• accepting change
• being willing to compromise.

ECONOMIC PARTNERSHIP

Making money decisions together • making sure both partners benefit from financial arrangements.

NON-THREATENING BEHAVIOR

Talking and acting so that she feels safe and comfortable expressing herself and doing things.

RESPECT

Listening to her nonjudgmentally • being emotionally affirming and understanding • valuing opinions.

EQUALITY

SHARED RESPONSIBILITY

Mutually agreeing on a fair distribution of work • making family decisions together.

RESPONSIBLE PARENTING

Sharing parental responsibilities • being a positive non-violent role model for the children.

TRUST AND SUPPORT

Supporting her goals in life • respecting her right to her own feelings, friends, activities and opinions.

HONESTY AND ACCOUNTABILITY

Accepting responsibility for self • acknowledging past use of violence • admitting being wrong • communicating openly and truthfully.

NONVIOLENCE

COERCION and THREATS Threatens to harm victim or family • Threatens to property of the police or money earned • Prohibits access to finance • Limits resources to a small allowance USING PRIVILEGE Treats victim like a servant Uses gender, age or nationality to suggest superiority • Uses certain victims to control others • Hides or destroys important documents PHYSICAL ABUSE Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos PHYSICAL ABUSE Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos PHYSICAL ABUSE Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos PHYSICAL ABUSE Shoves, slaps, hits, punches, kicks, strangles • Burns, brands, tattoos PHYSICAL ABUSE Shoves pregnancy termination • Induces or port to police property • Uses about police involvement in trafficking situation DENVING, BLAMING, Makes light of abuse or exploitative is occurring • Places blame on the victim for the trafficking situation Minimizing, Makes light of abuse or exploitative is occurring • Places blame on the victim for the trafficking situation Traffic King situation Traffic King situation Normalized POWER SCAUAL ABUSE SEXUAL ABUSE Minimizing, Minimizing, Minimizing, Minimizing, Makes light of abuse or exploitative is occurring • Places blame on the victim for the trafficking situation Traffic King situation Traffic King situation ABUSE DENYING, Makes light of abuse or exploitative is occurring • Places blame on the victim for the trafficking situation Traffic King situation

Physical VIOLENCE Sexual **Using Coercion & Threats** Making and/or carrying out **Using Intimidation** threats to do something to Making you afraid by using looks, harm you*threatening to gestures, actions*smashing things leave or commit suicide★ *abusing pets *displaying weapons driving recklessly to frighten *using looks, actions, gestures to you *threatening others who reinforce control*standing in front are important to you★ of the door or exit stalking **Using Economic Abuse Using Emotional Abuse** Preventing you from getting or Putting you down ★ making you keeping a job*making you ask for feel bad about yourself*calling money ★interfering with work or you names *playing mind games education*taking your credit cards *making you feel guilty * without permission*not working and humiliating you ★questioning requiring you to provide support ★ your identity ★ reinforcing Power keeping your name off joint assets internalized phobias and isms & **Using Privilege Using Isolation** Treating you like a servant ★ making Control Controlling what you do, who all the "big" decisions ★being the you see or talk to ★limiting your one to define the roles or duties in outside activities * making you the relationship*using privilege or account for your whereabouts ★ ability discredit you, cut off access saying no one will believe you* to resources or use the system not letting you go anywhere against you*knowing alone 'what's best" for you Denying, **Using Children** Minimizing, Blaming Making you fell guilty about Making light of abuse ★ saying the children *using children to it didn't happen★shifting relay messages *threatening responsibility * saying it's your to take the children * telling fault, you deserved it★ you that you have no parental accusing you of "mutual rights*threatening to tell abuse"★saying it's just your ex or the authorities to fighting, not abuse * accusing take your children you of "making" them abuse you Prisical VIOLENCE Sexua

Last updated on December 28, 2023.

Abuse and Stalking Domestic Violence

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