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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: <u>https://www.kcsdv.org/find-help/in-kansas/dv-sa-services-map-2</u>).

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

NONVIOLENCE

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.

never be repaid • Takes money earned
Prohibits access to finances • Limits resources to

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PHYSICAL ABUSE Shoves, slaps, hits, punches, kicks,

a small allowance

boom of the second seco strangles • Burns, brands, tattoos Denies food/water
 Exposes to harmful chemicals Forces pregnancy termination • Induces, esossoulsng drug addiction as means of control

ECONOMIC ABUSE Creates debt that can

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 VIOLENCE Sexual

Using Coercion & Threats

Making and/or carrying out threats to do something to harm you threatening to leave or commit suicide* driving recklessly to frighten you★threatening others who are important to you* stalking

Using Intimidation

Making you afraid by using looks, gestures, actions * smashing things ★abusing pets ★ displaying weapons using looks, actions, gestures to reinforce control * standing in front of the door or exit

Using Economic Abuse Preventing you from getting or

keeping a job * making you ask for money * interfering with work or education * taking your credit cards without permission * not working and requiring you to provide support * keeping your name off joint assets

Power & Control

Busical VIOLENCE Sexua

Using Privilege

Treating you like a servant * making all the "big" decisions * being the one to define the roles or duties in the relationship * using privilege or ability discredit you, cut off access to resources or use the system against you★knowing 'what's best" for you

Using Children

Making you fell guilty about the children + using children to relay messages * threatening to take the children * telling you that you have no parental rights★threatening to tell your ex or the authorities to take your children

Denying, Minimizing, Blaming Making light of abuse + saying it didn't happen * shifting responsibility ***** saying it's your fault, you deserved it * accusing you of "mutual abuse" * saying it's just fighting, not abuse * accusing you of "making" them abuse

Last updated on September 10, 2025. Abuse and Stalking **Domestic Violence** Print

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Using Emotional Abuse Putting you down * making you

feel bad about yourself * calling you names * playing mind games ★making you feel guilty ★ humiliating you *questioning your identity * reinforcing internalized phobias and isms

Using Isolation

Controlling what you do, who you see or talk to + limiting your outside activities * making you account for your whereabouts★ saying no one will believe you * not letting you go anywhere alone

you

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