


# Recognizing and Understanding Domestic Violence

*If you need to leave this page for any reason, please click on the "Quick Exit" red button here.*

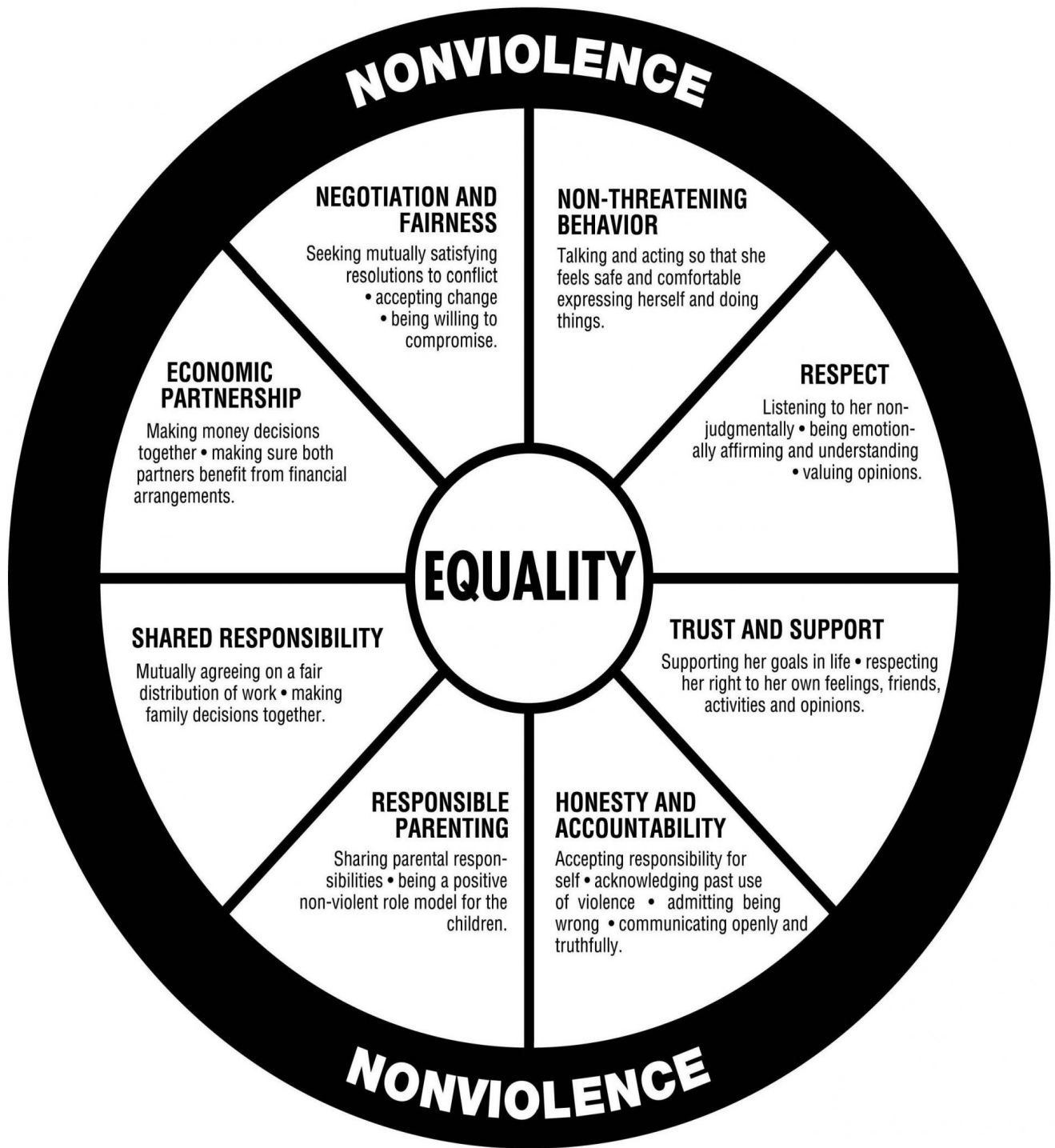
A red rectangular button with white text that reads "Quick Exit" followed by a right-pointing arrow in square brackets. The button is highlighted with a light gray shadow.

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

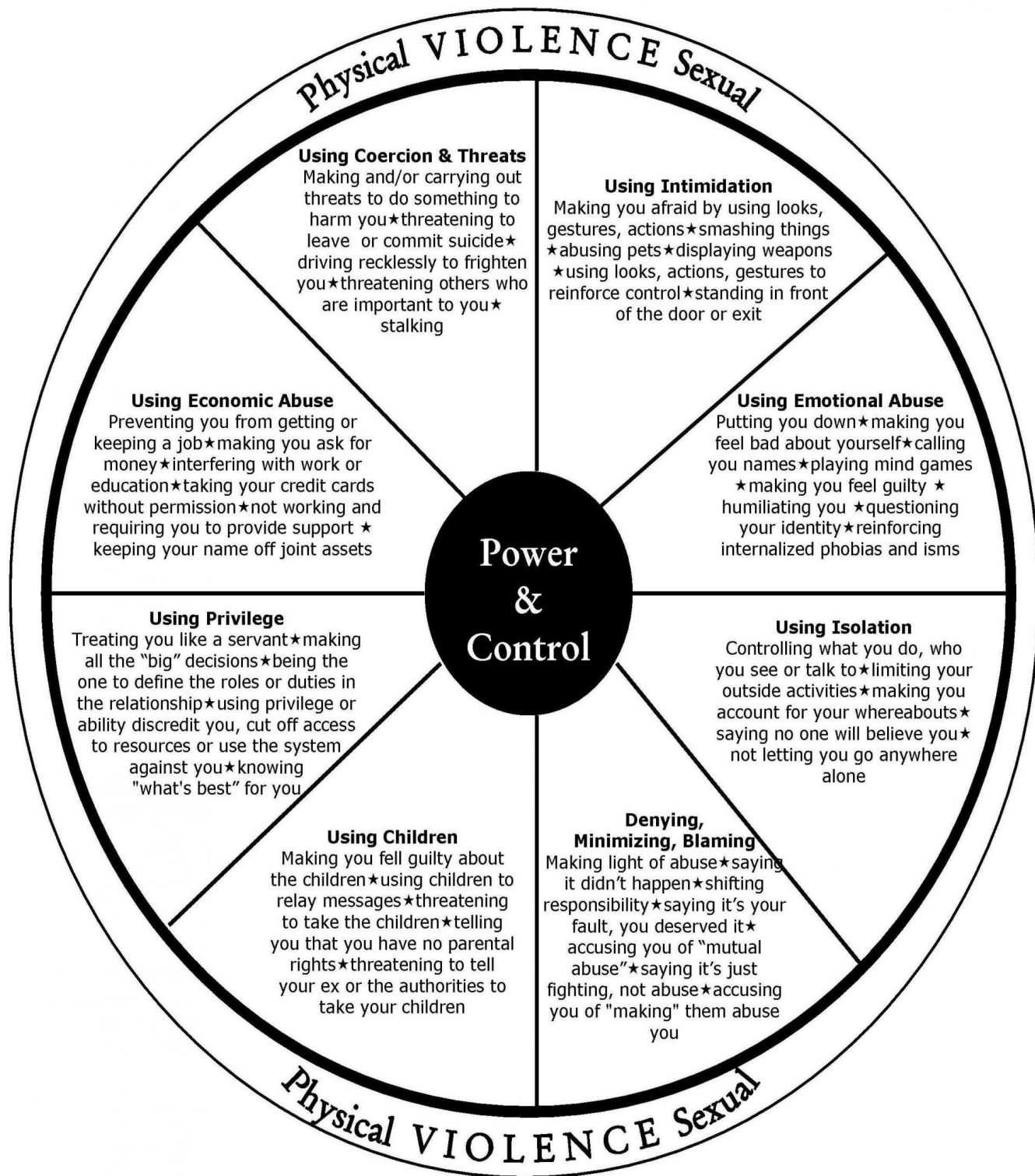
If one of the situations within either of these "Power and Control" wheels exists in your situation, please be sure to let us know.

*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/>).







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