

12 WARNING SIGNS

Do you find yourself asking for permission to do things and apologising for your behaviour?

Do you feel powerless and 'less than' your partner?

Have you stopped seeing your friends and family?

Does your partner criticise your family and friends?

Are you ashamed to see your family or friends because of your partner's behaviour?

Does your partner use humour to put you down or degrade you?

Does your partner find it hard to apologise or to admit when in the wrong?

Does your partner make excuses for their behaviour or blame others for their actions?

Are you ashamed to see your family or friends because of how your partner treats you in public?

Does your partner keep tabs on where you go or who you see?

Does your partner lie and exaggerate or bombard you with texts and messages?

Does your partner make you reel dependent on them psychologically emotionally or financially?