

# HOW TO SPOT SIGNS OF DOMESTIC ABUSE

Is your partner jealous and possessive?

Does he pressure you to have sex when you don't want to?

Is he charming one minute and abusive the next?

Are you starting to walk on eggshells to avoid making him angry?

Does he tell you what to wear, where to go, who to see?

Does he control your access to medicine, devices or care that you need?

Does he constantly put you down?

Does he monitor or track your movements or messages?

Does he play mind games & make you doubt your judgement?

Does he use anger and intimidation to frighten and control you?

Does he control your money, or make sure you are dependent on him for everyday things?

Source: Refuge