

# Are you in an unhealthy relationship?



There is a big difference between occasional disagreements at home and the type of repeated and habitual controlling behaviours associated with domestic abuse. If you are concerned about your relationship, here are a few questions that might help you to consider what is happening in the relationship and how unhealthy or abusive it could be.

1. Does the other person make you feel that you are not good enough for them or for their friends or family?
2. Do they criticise you or make you feel stupid or ugly?
3. Do they complain about their previous partners/relationships?
4. Are they possessive of you and jealous of your previous relationships or your friends or co-workers?
5. Are they very demanding?
6. Do they stop you seeing your friends & family?
7. Do they seem to stop you from achieving at work or at school?
8. Have you tried to end it but feel that they prevented you from leaving/ending the relationship?
9. Do they constantly contact, follow, stalk or otherwise harass you (even after you've separated)?
10. Have they ever forced you to have sex or made you do anything of a sexual nature against your will?
11. Have they ever physically hurt you, your children or a family pet?
12. Have they ever threatened to harm or kill you, your children or themselves?
13. Are you scared of your ex or current partner or a family member?

These are not the only signs that you might notice in your relationship, there can be many different and subtle signs of control or abuse.

If you have answered 'yes' to any of these questions then it may indicate that you are in an unhealthy relationship. You can use the information in this Safe Space to find support and advice.

If you are scared of your partner, ex-partner or a family member, it is not your fault and you are not alone.

You can use the information in this Safe Space to find help and support.

If you are in immediate danger please call 999.