

# WARNING SIGNS

When people hear “domestic abuse” they will usually think of a woman covered in bruises, but abuse isn’t always physical: not all bruises are visible.

Does your partner...

- Get **jealous** or **possessive**?
- **Dissuade** and/or **stop you** from seeing family or friends?
- **Monitor** your movements?
- **Tell you** what to wear, who to see, where to go or what to think?
- **Criticise** and **accuse** you?
- **Threaten** you, your pets or people you care about?
- **Force** you (physically or emotionally) to have sex or engage in foreplay?
- **Check** your phone?
- **Decide** how you spend your money?
- **Humiliate, ridicule** or **shame** you in-front of others?
- **Refuse** to let you spend time alone?
- **Lie** to you?
- **Make you question** your achievements, professional competence or your self-worth?
- **Change his mood** from one moment to the next?
- Make you feel **frightened** or **unsafe**?
- **Move you away** from your support network?
- **Convince** you to commit **benefit fraud** or **illegal acts**?

If you answered ‘Yes’ to any of these questions, you may be experiencing domestic abuse. Please call us on **01795 417251** or via the live chat at [sateda.org](https://www.sateda.org) (weekdays from 10am-1pm) for some information and no strings attached advice in a non-judgemental environment. We know it can be difficult and overwhelming to come to terms with being a victim of domestic abuse, but **we're here for you.**