

Emotional abuse can make you feel like there is no way out or that without your partner you are nothing.

Emotional abuse is a serious pattern of abuse which is used to control someone by playing with their emotions.

Unlike physical abuse, the signs can be subtle but the impact is just as devastating.

Emotional abuse chips away at feelings of self-worth and independence.

Not to be confused with love. Emotional abuse is never OK.

You and your loved ones are worthy of love and belonging - always.

So, what are the warning signs?



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ISOLATION — 

"All your friends talk sh*t about me. If you really loved me you wouldn't be friends with them anymore. Choose me babe."

POSSESSIVE — 

"When we get to the party, stay with me. Don't go off with your mates like last time. I don't trust anyone else. Stay with me the whole night."

CRITICISM — 

"Haha. You think you're going to leave me? No one will love you like I do. No one else will want you. Do you really think someone else is stupid enough to love you?"

ALCOHOL — 

"Sorry babe, I was drunk. You know I wouldn't have done it if I was sober."

BLAME — 

"If you called me on time it wouldn't have happened. You always do this. Make a big drama out of nothing. It's all your fault."

INTENSITY — 

"You said you'd be here 5 minutes ago. Next time you're going to be late make sure you call me. I've called you 10 times, where the hell have you been?"

CONTROL — 

"Who are you doing your makeup for? Don't cut your hair babe, keep it long. Are you wearing tights under that dress? When were you going to tell me about the party?"

ANGER — 

"What the f@#k have you been doing all day? You should've know I'd be hungry by now! What sort of f@#King partner are you?"

JEALOUSY — 

"I saw the way you looked at my brother. What? Do you want him now? Do you think you're too good for me now huh? Who are you texting?"