

steals manipulates forces
threatens shouts intimidates
controls lies gaslights orders
pressurises bullies isolates
intimidates orders control

They never hit me, but...



orders intimidates
gaslights threatens
manipulates isolates
controls lies threatens steals

Not all abuse is physical. If you are worried your relationship is unhealthy, toxic or abusive, we are here for you.



Safe lives, free from abuse and violence

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