



**1 in 6 men and 1 in 4 women will be a victim of domestic abuse in their lifetime.**

The signs of abuse aren't always obvious, and those facing abuse might not understand that what they're experiencing isn't right.

Knowing these seven signs of emotional abuse can help you understand the signals, and find the right support.

## Patterns of control

1

Control is a common part of an abusive relationship and can create a suffocating atmosphere where people feel they are constantly walking on eggshells.

From controlling your other relationships, to controlling your finances, what you wear, your phone and social media, your work shifts, and always needing to know where you are.

Feelings of guilt and responsibility, or needing to apologise when you've done nothing wrong are all signs of emotional abuse. This could be because when you raise issues, they are twisted into an attack on you, or you are accused of being too sensitive or of taking things too seriously.

This maintains their dominance by creating insecurities and self doubt in you.

## It's your fault

2

## Jealousy

3

A little jealousy can seem endearing at first, but a partner should be proud of your achievements rather than envious of them.

They could be jealous of your job, social life or anything else, and this behaviour can escalate into checking where you are, or even accusing you of cheating when you don't respond quickly.

Chipping away at your self esteem is another way for an abusive partner to gain control. Whether it's insults passed off as "just a joke", or humiliating you in private or in front of others, these comments wear you down.

## Mean & degrading

4

## Unrealistic expectations

5

Are you expected to be perfect? To meet your partner's every need? Doing the smallest thing wrong can trigger endless verbal abuse that makes you feel worthless.

Ringrose Law's 24 hour helpline: 07739 748 675  
[ringroselaw.co.uk](http://ringroselaw.co.uk)

EDAN Lincs charity advice line: 01522 510 041  
[edanlincs.org.uk](http://edanlincs.org.uk)

## Threats if you leave

6

Your partner could be making you feel like no one else would want you, reinforcing feelings of worthlessness to make you believe this yourself – or threatening to harm themselves or others close to you, or hurt you if you try to leave. This is all part of them maintaining control and prolonging the abuse.

Romantic gestures themselves aren't a sign of abuse, but using romance to distract from unacceptable behaviour, or to blackmail you into silence, is.

This romance can also be used to make you feel that if you behaved differently, or changed in some way, it would turn them into the person you wanted, and the abuse would stop.

It can make you feel as though they are two different people, and the longing for the romantic person you sometimes see will keep you around.

## Hot & cold personality

7

## Concerned?

If you are worried that you, or a friend, are becoming increasingly isolated because of a relationship, it's time to get help.

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Get legal advice via  
Ringrose Law's 24 hour helpline:

**0808 156 3863**

Can't call? Text us on

**07739 748 675**



Call the charity EDAN Lincs for advice:

**01522 510 041**

Weekdays 9am - 5pm

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**PIECING IT TOGETHER**

# 7 Signs of Emotional Domestic Abuse