



Relationship warning signs



Real love is meant to feel fun, safe, respectful & caring. However, some relationships start to feel stressful and frightening, making you unhappy. **Often these relationships are with a partner who is controlling, manipulative and jealous. These behaviours can get worse over time and become outright abuse.**

Negative controlling relationships can creep up on us without us realising. It's important to be aware of warning signs from the start.



Be aware



Controlling partners try to convince you that they are treating you this way to 'help' you.

Manipulation usually starts with making you feel guilty.

Manipulators try to make it seem like they are better at loving you, than you are at loving them.

Physical violence will be repeated and will become worse over time.

Abuse often follows a repeated pattern: tension building, outburst, making up & calm.

Warning signs in a relationship

- You are made to feel guilty** for most things you do and say.
- Your partner encourages you to cut off from friends and family.** They might 'ban' you, or sulk, or make you feel guilty for seeing them.
- There is constant criticism giving the message that you aren't capable of making your own decisions.** The criticism could be about anything and might be said in a way to try to sound 'supportive'.
- They make you responsible for their emotions** by saying they are angry/sad because of something you did/said.
- They don't trust you or allow you to have privacy.** This can include constant questions about where you have been and who you have seen, or checking your emails and text messages. They might claim that they do this simply because they care about you or want to protect you.
- They physically hurt you.**
- They often talk about protecting you.** They might take over your money 'to sort out your finances', or drive away a friend 'to protect you from them'. This is attempting to make you more dependent on them.
- 'Gaslighting' is used so you question your own sanity.** This might include claiming things didn't happen, when they did. Or telling you that you are imagining things, or getting confused. Over time, you might start to think you are 'going crazy'.



You look ridiculous in that, you're always too fat for your clothes.

Your family don't really care about you.

I'm sorry but I'm just trying to protect you.

You will thank me one day when you realise that I know what's best for you.

You need to understand that I've been cheated on before, so I'm just scared of losing you.

Jealousy in relationships

Jealousy is the fear that someone might try to take what is yours. A little bit of jealousy in a relationship can be okay. But uncontrolled jealousy can create huge problems. It can result in the jealous person seeking constant reassurance, becoming controlling, and even becoming abusive.



A positive relationship is based on trust and respect. Jealousy can get in the way of this and eventually break down the relationship. It may take the help of a counsellor to overcome these feelings and build trust and respect. Or it may be better that you are apart.

A positive, healthy relationship

It can be helpful to remind yourself that a positive, healthy relationship includes:

- ▶ Having respect for each other.
- ▶ Showing care and kindness to each other.
- ▶ Being free to see friends and family.
- ▶ Each having your own interests.
- ▶ Feeling safe in the relationship.
- ▶ Enjoying each other's company and having fun together.
- ▶ Having a mix of shared time together and time on your own.
- ▶ Being free to have a career and control your own money.
- ▶ **NO** physical violence.

Remember

If you find yourself in a controlling, negative relationship:

- ▶ It is not your fault.
- ▶ It does not mean you are stupid or unaware.
- ▶ You don't have to live this way.
- ▶ There are people available to support you.
- ▶ You deserve to be in a loving, safe relationship in the future.

Services in WA

Sexual Assault Resource Centre (SARC)



A free 24-hour emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault. Counselling for any sexual assault/abuse experienced recently or in the past is also available to people of all genders aged 13 years and above. Call SARC on **(08) 6458 1828** or Freecall **1800 199 888**.

1800RESPECT

24-hour counselling for people experiencing sexual assault or domestic violence.

Freecall
1800 737 732



Kids' Helpline

Confidential counselling for young people up to 25 years.

Freecall
1800 55 1800



Mensline Australia

24/7 telephone and online support for Australian men.

1300 789 978



Lifeline

Telephone crisis counselling.

(24-hour line)
13 11 14



WA Police Sex Assault Squad

To report a sexual assault.
(08) 9428 1600

After hours
131 444



Sexual Health Quarters (SHQ)

Counselling and sexual health services.

9227 6177



Police assistance and reporting (not emergencies)

Call 131 444

Emergency Call 000 Police, Fire, Ambulance