



Your partner likes to have you all to himself. Is this so he can care for you? Or control you?

He tells you you're the only one that matters. That he can't bear the thought of sharing you. With anyone. Not even your friends or family. He says you should spend all your time with him, that all he wants is you. You're enough for him. Isn't he enough for you?

Isolating you by cutting you off from your friends and family is a common form of control. Although his desire to spend all of his time with you might seem romantic, he's actually trying to make you dependent on him so that he can control you. Every day at Refuge we help over a thousand women. You need never feel alone.

Caring or Controlling?

Find out at www.refuge.org.uk



**For women and children.
Against domestic violence.**