



## **Your partner insists on knowing what you are doing every single moment. Because he cares? Or wants to control you?**

**He meets you every night after work. Without fail. He picks you up from friends' houses, girls' nights out, trips to the gym. He always has to know who you're speaking to, texting, emailing or even thinking about. He says he thinks about you constantly, that he has to know what you're doing - all of the time.**

**Being asked to account for every minute of your day is a sign that your partner is trying to limit your freedom. Jealousy and possessiveness might initially seem like expressions of love, but they are forms of control, which can easily escalate into emotional abuse and physical violence. 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](http://www.refuge.org.uk)**



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