

Since you have been in your relationship, you have a lot less contact with your friends and family and your partner discourages you from seeing them.

Your partner undermines your intelligence and points out your mistakes a lot. They say you can't do things because you won't understand them.

Your partner won't take no for an answer.

Your partner lets you know that your relationship is conditional on your looks or the money you earn.

Your partner makes you self conscious about your body by pointing out your imperfections or calling you "fat".

Your relationship is on and off, and you don't feel secure in it.

Your partner takes risks such as driving too fast, and is dismissive when you say you are frightened.

Sometimes your partner expects you to do things which you believe are wrong or which are illegal or dishonest.

Since you have been in this relationship you feel that you are less confident and your self esteem is lower.

When you succeed at something your partner makes it seem very minor, or is not interested in it at all.

When you feel vulnerable or anxious about something you avoid telling your partner because you are not confident that they will support you.

When you disagree, your partner calls the relationship into question and says if you don't do things their way, they will leave you.

Your partner is not interested in the things that you care about, and is dismissive when you try to discuss them.

When you raise subjects which are important to you, your partner refuses to talk about them at all.

Sometimes you really don't want to go home because home is more stressful than work/school.

Your partner is unpredictable for example spends money from your joint account without agreeing this with you.

You are never sure if your partner is telling the truth and know that they have lied on numerous occasions.

Your partner occasionally disappears and cannot be contacted and doesn't see this as a problem.

You worry that if your partner loses their temper they might hurt you.

You would like to leave your relationship but you're not sure if you can.

When you argue it's about whose fault something is, rather than finding solutions.

<p>You and your partner criticise each other a lot. You feel worn down by this.</p>	<p>You make excuses and lie for you partner when they let you down in front of other people.</p>	<p>You can't recall a time when your partner has given something up so that you could have something, you make the compromises.</p>
<p>You and your partner don't show affection to each other by smiling or kissing or hugging.</p>	<p>Your partner thinks they have higher status than you, that you should be grateful to be with them.</p>	<p>Your partner is distant, you don't feel close emotionally.</p>
<p>You envy other people's relationships. You have friends and colleagues that you would prefer to be in a relationship with.</p>	<p>Your partner drinks a lot or uses substances and wants you to do this too.</p>	<p>Your partner tells you what to wear, and gets angry if you wear something they don't like.</p>
<p>When your partner loses their temper or behaves badly, they tell you it's your fault, that you made them behave that way.</p>	<p>Your partner was really nice to you in the beginning of the relationship, but now you sometimes feel scared of them.</p>	<p>Your partner has been in trouble in the past for violence or for hurting animals.</p>
<p>You cannot agree to go somewhere, see someone or do something without your partner's agreement.</p>	<p>Your partner "barks" instructions at you and expects you to do what they tell you.</p>	<p>You partner tells stories that are humiliating or make you look stupid in public.</p>
<p>Your partner portrays themselves as devoted to you and creates an impression of your life that is very different from reality.</p>	<p>You have sex when your partner wants to, not because you want to.</p>	<p>Your partner has behaved very badly, but they are always so sorry afterwards and promise it will never happen again. But it does.</p>
<p>Your partner has told you that if you leave them they won't want to live anymore.</p>	<p>Your partner has very strong ideas about what a "real man" is and that a woman should be "feminine".</p>	<p>Your partner has turned friends and/or family members against you.</p>