

## *Loves Me...*

### Signs of a loving relationship

- Makes me feel safe
- Makes me feel comfortable
- Listens to me
- Values my opinions
- Supports what I want to do in life
- Is truthful with me
- Always tries to understand how I feel
- Likes that I have other friends
- Makes me laugh
- Trusts me
- Treats me as an equal
- Respects my family
- Understands my need for time alone or with family
- Accepts me as I am

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## *Loves Me Not...*

- Tries to control me
- Gets violent, loses temper quickly
- Always blames me
- Is sexually demanding
- Keeps me from seeing my friends and family
- Makes all the decisions
- Embarrasses me in front of others
- Hits me
- Makes me cry
- Makes me feel afraid
- Is always 'checking up' on me
- Takes my money and other things
- Threatens to leave me if I do not do as I am told
- Teases, bullies and puts me down

If you recognise any of these signs you may be a victim of abuse. You **DO NOT** have to suffer alone.



**National Domestic Abuse  
Freephone Helpline  
0808 2000 247**