



ARE YOU IN AN ABUSIVE RELATIONSHIP?

**Do you change
your
appearance or
behaviour to fit
in with your
partner?**

**Do you feel
unable to spend
time with your
friends and
family?**

**Have you felt the
need to give up
hobbies or
activities that
you enjoy?**

**Are you made to
feel
uncomfortable
when you
disagree with
your partner?**

**Does your
partner
disrespect your
opinions
making you feel
small or stupid?**

**Do you
sometimes feel
scared of your
partner or about
how they will
react?**

**Do you have to justify
yourself because of your
partners jealousy?**

**Do you
feel
criticised
and bad
about
yourself?**

**Do you
feel like
you
always
get things
wrong?**

**Does your
partner
make all
the
decisions?**

**Do you feel pressured
into doing things that
don't feel right for
you?**

If yes to any of the above, we can help.

**Visit our website
www.compass-ion.org**

