



Your partner says he only gets angry because he cares. But is he using anger to control you?

Your train's delayed. You're running late. You know he'll be angry; he insists you're on time so you can have dinner together. When you're not, he lashes out. He says he wouldn't have to if you weren't so selfish. Besides, he'll spend the next two weeks making up for it – his flowers and gifts will prove how much he cares for you.

Being constantly told you're to blame for his behavior is a way of dominating and controlling you. Over time you may start to believe him. But nothing you do justifies any form of abuse. No woman can make a man hit her – violence is a choice he makes. 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.**