



DVUK
E-SLIDES
Online Presentation Toolkit

SOME SIGNS OF A CONTROLLING BEHAVIOUR



INTRODUCTION

Controlling Behaviour is a range of acts designed to exploit, intimidate and manipulate someone for selfish reasons.

This involves depriving them of their independence in an effort to show domination and this type of behaviour is extremely dangerous because it leads to other types or forms of abuse.



- **MAKE DECISIONS WITHOUT CONSULTING YOU**

Is he/she making any decisions or alterations that affect you without your knowledge or your say so? Consider whether or not you feel like your opinions are valuable to your partner

- **SUGGEST HOW YOUR MONEY IS SPENT**

Do they always seem to keep track of how much you make and where your money is going? A controlling person might criticize your spending habits or try to take over how you spend your own money



TRY TO TELL YOU WHAT YOU CAN AND CANNOT WEAR

Controlling lovers will often feel threatened by the idea of their partner attracting attention from the opposite sex. Do they ever comment negatively about how you choose to present yourself?

TRY TO TELL YOU WHERE YOU CAN AND CANNOT GO

Similarly to the wardrobe, they will try to control where you go so they can keep a certain hold on you.



- **TRY TO TELL YOU WHO YOU CAN AND CANNOT HANG OUT WITH**

Does he/she seem jealous or protective of you when you are around certain people? This can become controlling once they start trying to keep you away from your friends

REFUSE TO TAKE YOUR IDEAS OR SUGGESTIONS INTO MUCH CONSIDERATION

Do they always seem to be in opposition about your take on certain issues? Are they doing this on purpose in order to invalidate any input you have



ACCUSE YOU OF LYING WITH LITTLE OR NO EVIDENCE

“Do you always find yourself being accused of lying about things like where you were or who you were with? They always seem paranoid that you are doing something to betray them.”



**CONSIDER THEMSELVES
TO BE THE BOSS OR THE
DOMINANT ONE IN THE
RELATIONSHIP**

Controlling people are often on a power trip. They will take pride in being seen as the one who is in charge. Ask yourself how you feel about your role within the relationship

ACCUSE YOU OF CHEATING ON HIM/HER

Does your partner repeatedly accuse you of being unfaithful? Controlling people will often be the ones with trust issues because they feel insecure.

BE UNREASONABLY DEMANDING

Those who try to control others will often express their wishes in the form of an order instead of asking. Pay attention to how they are framing their suggestions. Is it a demand or a request?



Do they open your email, go through your laptop, tablet or mobile), repeatedly checking to see who has phoned you; embarrass you in public; accompany you everywhere you go.....

INVADE YOUR PRIVACY

MAKE YOU FEEL LIKE YOU ALWAYS HAVE SOMETHING TO PROVE TO THEM

Do they repeatedly manage to keep you on your toes and walking on eggshells to prove that you are worthy of them?



RESORT TO THREATS, ULTIMATUMS, OR BLACKMAIL

With more intense situations, they will try to use tactics to instill fear and intimidation in order to get you to submit to their demands

RATIONALISE THAT THEIR BEHAVIOUR IS ALL BECAUSE THEY LOVE YOU

Have you ever felt mistreated by them and then hear them say something along the lines of, “I am only doing this because I love you?” This is how they rationalize their controlling behaviour.



CONSTANTLY CHECK UP ON YOU AND MIGHT EVEN SPY ON YOU

Are they always calling to check in to where you are or what you are doing? Have you ever caught them looking in on you in person, on your phone, or on any of your social network accounts?

HAVE A WAY OF BLAMING YOU FOR EVERYTHING

When you have an argument and strongly feel they are at some fault in the matter, you seem always be the only one to apologise to them, but never the other way around.

**ASK OR PERSUADE YOU
TO CHANGE THINGS ABOUT
WHO YOU ARE, YOUR BELIEFS
AND VALUES**

Most relationships require adjustments and small changes, but always be extremely cautious when your partner wants you to change major characteristics about yourself that you feel uncomfortable with.

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KEEP AN UNBALANCED GIVE AND TAKE ROUTINE

Are you always the only one giving in the relationship, and your partner is the one doing all the taking?



HELPLINES

IF YOU RECOGNISE THESE
WARNING SIGNS IN YOUR
RELATIONSHIP,
PLEASE CONTACT:

