

DO YOU WORRY YOUR PARTNER WILL REACT?



Stressed, tired and on edge

This is Jane. Jane often feels stressed and tired, even exhausted. She is always on edge. She worries a lot.



A lot of time spent trying to make partner happy

She spends most of her energy making sure her partner is always happy. She spends a lot of time fixing the little things that might annoy her partner.



Scared of how they will react

They are nice to other people, but not at home. Sometimes, she is scared they will break something, or hurt her, the kids, or the dog. Jane is scared because she doesn't know when they will get angry or what they will do.



Feels isolated

Jane thinks it is her fault they get angry. Maybe they would be happy if she got things right. She doesn't want to be hard on them. They might be sick or perhaps have had a hard day at work. She feels ashamed and does not want to talk to anyone about it.

THIS IS COERCIVE CONTROL.
THIS IS DOMESTIC VIOLENCE.

Coercive control is a pattern of behaviour that aims to dominate or control another person.



If this story sounds familiar, you can get help

Call Women's Legal Service Qld - 1800 957 957
or NQ Women's Legal Service - 1800 244 504