

## **First signs of Domestic Abuse**

I think one of the first warning signs is the controlling behaviour that starts to creep in. Often domestic abuse stems from insecurity, and the way that person manages their insecurity is to try and cut that person off from everyone else around them. So it might be that they start to, in the early stages of a relationship, spend lots of time with them, and maybe move that relationship on faster than the other person wants to. So they might turn up, they might kind of ring and text a lot, they might discourage them from spending time with family or friends. That can be done in a nice way, it doesn't have to be a threat or a direct thing of "you can't spend time with this person", it could be "oh well don't go out with them cause I thought we could do something nice together instead", or "are you sure you want to spend time with them cause you know I'm not sure about them" and try to often drive a wedge with the closest sources of support for that person. So maybe talk negatively about them to try and exploit arguments, to make it difficult for them to spend time with people, so maybe as they're increasingly spending time together that person feels they can't invite people round or that might create a bit of an atmosphere. Checking the phone, checking Facebook, and that might be disguised as concern "it's only cause I love you and I just worry about you, I just want to make sure you're okay" but really that's when a person's privacy starts to be taken away from them and they're made to feel like they're doing something wrong for wanting time to themselves or wanting to have some privacy.