

Your Early Reactions to an Abusive Partner

Some of the ways you may begin to react to an abusive partner early in the relationship are:

1. Over Explaining

Be very careful if you find yourself over explaining to your partner where you have been and what you have been doing when you are not together.

2. Apologies

You may find you are constantly apologizing for things you haven't done. Even apologizing for accusations that are untrue or imagined.

3. Efforts to Please

You may find yourself lost in efforts to please someone, who in the end you cannot please. You should not have to give up any part of yourself to have a healthy relationship.

4. Changing

People close to you may start to notice changes in you. This could be attitude, appearance, interests, activities, etc.

You start changing due to criticism directed at you or those around you.

5. Misinterpretation

Misinterpreting possessiveness and jealousy for love and caring. This may be flattering in the beginning of the relationship, believing it is a sign of how deeply you are cared for. It is however, more likely a sign that your partner thinks they have the right to control you.



If you would like more information on healthy relationships or would like to speak to someone, please call one of our offices:

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