



Stuck in an Abusive RELATIONSHIP?

We all encounter relationships that are difficult to let go of. Sometimes, even when we are hurt, we feel compelled to stay.

But you don't have to remain in such a situation. Speaking openly to resolve issues, creating a healthy distance, or seeking counselling can help.

If your relationship shows any of the following traits, it may be abusive:

Verbal abuse, constant scolding, or insults.



Always blaming you for problems.

Embarrassing, humiliating, or talking down to you.



Demanding personal passwords to your **EMAIL** or social media.

Threatening to leave as a form of control.



Excessive suspicion and jealousy.

Forcing you to do things you don't want, or preventing you from doing what you enjoy.



Forced sexual acts.

Controlling how you dress, where you go, or whom you befriend.



Taking control of your money and finances.

Everyone has the right to respect in a relationship. Start by trying to discuss issues openly and work toward solutions together.

If that isn't possible, talk to a trusted adult or seek the help of a mediator.

If these problems are weighing you down, causing mental stress, or if you need guidance and support, please contact or visit your nearest YOWUN PIYASA/MITHURU PIYASA centre.

