

TOO INTO you

Abuse can feel like a big word, but it starts out with small actions and gets much worse over time.

Red flags are red for a reason. **Don't ignore them.**

An unhealthy relationship is when my partner:

- Makes me feel **afraid**
- Tries to **control** me
- Is overly **jealous**
- **Puts me down** all the time
- Tells me what I **can or can't** wear
- **Blames me** for their actions
- **Threatens** to hurt me
- **Wants to know** where I am and who I'm with all the time
- **Pressures, forces or guilts** me into doing things sexually I don't want to.

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Jealousy is not love.

Controlling you is not love.

Manipulating you is not love.

Calling you crazy is not love.

Isolating you from your friends is not love.

Abuse is not love.

Find out more
at toointoyou.ie



Could you be in an abusive relationship?

They say they **hate your friends** and *complain* you spend too much time with them.

They **put you down** and *criticise* you constantly.

They **threaten to hurt themselves** if you break up with them.

You're afraid to *bring things up* with them or *disagree* with them.

They *message* you constantly and **get mad** if you don't reply straight away.

They **pressure, force or guilt** you *into doing things sexually* you don't want to.

They *demand* to **look through your phone** to see who you are talking to.

They **threaten** to *share intimate images/videos* of you.

They **tell you** what you *can or can't* wear.

They get **overly jealous** and *accuse* you of cheating all the time.

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