

Could you be in an abusive relationship?

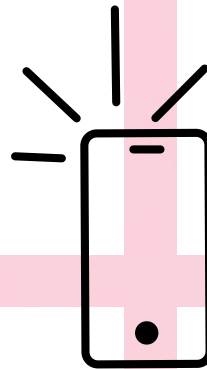
**TOO
INTO
you**

Common red flags are:

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

They **blame you** for their behaviour and flip everything back on you.

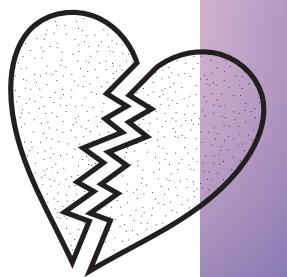
They **message you constantly** and get mad if you don't reply.



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

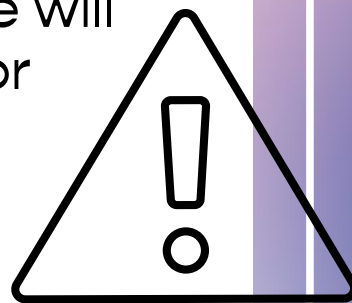
They **threaten to hurt themselves** if you break up with them.

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



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

They tell you **no one** else will want you or **love you**.



Even if you don't recognise any of these signs, but something still feels wrong, it probably is.

Take the Relationship Quiz to see if yours is healthy at toointoyou.ie



Worried about your own or a friend's relationship?
Find information and support at toointoyou.ie

Women's  Aid