

If someone is trying to control another's life, this is abuse.

Being jealous and overprotective may seem like signs of love at first, but they can be forms of control, which can get worse over time and turn into other abuse.

If control of a person's day-to-day life is taken away or if they are required to obey rules and boundaries set down by their partner, this can lower their self-esteem and confidence. This can make them feel like they are not important or have no value. It is against the law in England and Wales to use coercive control. This is when someone tries to control another by using threats or fear. If they do not comply with the rules there will be punishments to scare, frighten and humiliate them. This kind of abuse can be reported to the police.

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