

Equally Safe Falkirk

I want to behave better towards my partner

Are you worried about your behaviour within your relationship?

Do you need support to make better choices?

Contact us.

We can Help.

Can you identify with any of these statements?

When I shout, she cries or seems scared of me
I feel anxious when I don't know where she is
I like to keep control of the money
I have slapped, or hurt her physically but I always say I'm sorry
I get jealous if I see her talking to other men
I sometimes follow her when she goes out
I check her phone or social media accounts
I get angry if things don't go my way
I get moody or angry if she refuses to have sex with me
I don't like her seeing friends or family
I don't like her talking to doctors or other professionals

It can be hard to admit that your behaviour is abusive but in doing so, you are taking the first step towards choosing to change and making things better for your family and yourself.

You are in control of your own behaviour.

Only you can make the change - Make the choice now.

Contact us for more information and help.