

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

01324 632903
forthvalleyservices@barnardos.org.uk
<https://equallysafefalkirk.co.uk>



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 her 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.

Relationships and families function better with respect and understanding

You are in control of your own behaviour

Only you can choose to change it

Make the choice now!

**Contact us
We can help!**