

Female, 20, Maine
AGE DURING RELATIONSHIP: 17 to 18 years old
Gender of intimate partner: Male

He would say "I can't live without you". He banged his head on walls and counters, punched his own head, choked himself with his hands or a belt. I would put my body between him and his fist/the surface, and try to pry his hands from his neck.

He did not want me to go to college without bringing him with me. When I had to go to class or extracurriculars he would beg me to stay and guilt me for going

When we separated I blocked him from all my accounts and he found a way to get into all of them: E-mail, Facebook, Twitter, Instagram, Snapchat, Google photos, and Venmo. He created fake accounts to see what I was doing.

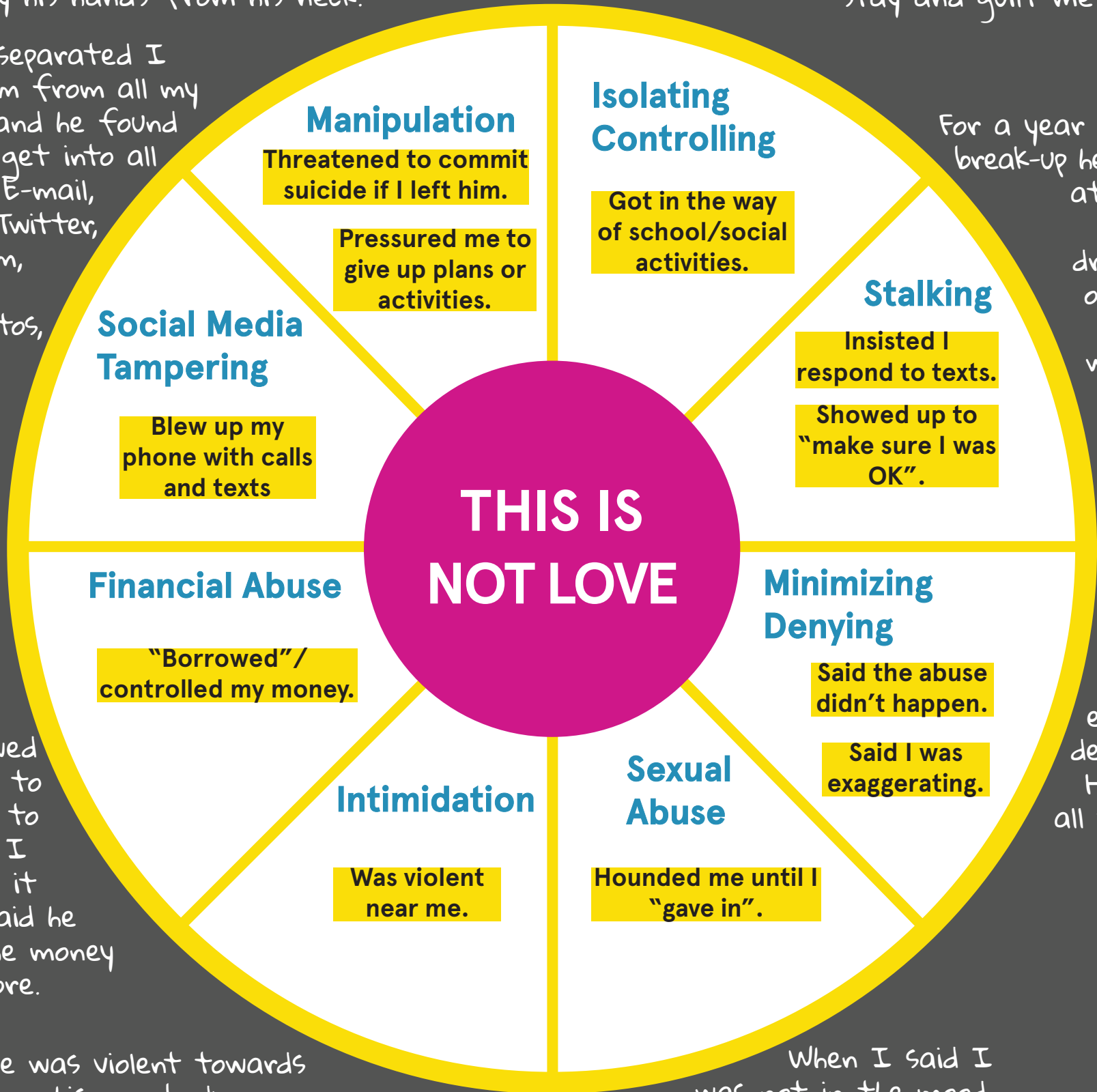
He borrowed my money to buy drugs to sell. When I asked for it back he said he needed the money to buy more.

He was violent towards his own body.

When I said I was not in the mood, he persisted until I gave in. I would be totally disengaged and he would keep going. When I said "stop," or pushed him away, he still wouldn't stop. When I tried to express this discomfort to him afterward, he would spiral into self-harm.

For a year after the break-up he called me at my work, showed up, dropped off old pictures of us. I was afraid to walk out at night.

When I brought up the episodes, he denied them. He refused all the help I suggested.



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In-between all of the low moments there was good conversation, good sex, laughter. I got addicted to the drastic, rapid switch from high-highs to the low-lows and separation was like quitting cold turkey. In my current relationship, with trust and communication I am learning to beware of triggers and use healthy coping mechanisms. The healing process is not linear. Trust in time and be patient with yourself.