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 quilt 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.

Manipulation

Threatened to commit suicide if I left him.

> Pressured me to give up plans or activities.

Intimidation

Was violent

near me.

Isolating Controlling

Got in the way of school/social activities.

Stalking

Insisted I respond to texts.

Showed up to "make sure I was OK".

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.

Financial Abuse

Blew up my

phone with calls

and texts

Social Media

Tampering

"Borrowed"/ controlled my money. **NOT LOVE**

THIS IS

Minimizing Denying

> Said the abuse didn't happen.

> > Said I was

exaggerating.

Sexual

"gave in".

Abuse Hounded me until I

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

When I

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

He borrowed

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.

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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.