Female, 28, Massachusetts AGE DURING RELATIONSHIP: 18 to 22 years old Gender of intimate partner: Male

I was not allowed to hang out with other men. I was accused of wanting to sleep with a cousin (!). I was pressured to skip classes and not study for exams. Implied the need for painful procedures like waxing etc. to meet "standards", definitely said no one else would want me, implied I was too stupid for the degree we were in, was very nice in public to make my discussions with friends look like lies, compared me

| | | | to other | women (that I late | er |
|------------------|---|----------------|--|----------------------|-----|
| | Ma | anipulation | foun | d out he was sleepin | nq |
| | | Pressured me | | with) disparaging | |
| Borrowed | | | Puts You | never posted about | |
| | isolating | or activities. | | me on social medic | |
| many things | | Threatened | Down | asked me t | |
| that meant | Was overly jealous. | | | | |
| a lot to me | Controlled who I saw/ | | ade me feel I was a | delete picture | |
| and never | how I looked/what I did. | Da | d person or partner. Called me names, | | |
| returned | | | including "crazy". | embarrasse | .d. |
| them/broke | Got in the way of school/social activities. | | Tried to "fix" me. | | |
| them. | | | Said no one else | Used or | ne |
| | Didn't like my friends/family. | | would want me. | incidev | nt |
| | intends/ failing. | | | forev | er |
| | Intimidation | HIS IS | Minir | mizing ago | or |
| | Intimidation Threatened to | | | nying message | |
| Read all | | T LOVE | Said I was exagg | ر, , סיייי | |
| my texts | my belongings. | | Said I dese | | |
| and | , , , | | | lit was continua | |
| messages. | | | | fault. | |
| Once he | Social Media | | | | |
| | Tampering | | cual Abuse | poor a | |
| threw my | Kept or destroyed my | | orced sex. | hurtf | |
| laptop across | devices. | | 't care if sex painful or | behaviou | Ur. |
| the room | Threatened to or post | | ortable for me. | | |
| after not | sexual photos of me | | e until I "gave in". | | |
| liking what he w | | . Earcod mo | to have sex | | |
| He forwarded w | | without n | rotection. | | |
| private/intimat | re devices/accour | its. ' | | | |
| messages to a | | | | | |
| chat of all my | friends and | | | | |
| threatened to | | | | | |

He pressured me for sex when I wasn't ready in order to "trap" me in a

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with my family.

relationship because he knew sex was a big deal to me. He refused protection when mad at me leading me to pursue emergency contraception several times. He threatened to post sexual photos and videos.



A lot of these things still haunt me almost a decade later. The words, actions, and how they made you feel, linger. The longer you stay the harder it is later to deal with it. You deserve better.

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 DOMESTIC VIOLENCE 24/7 helpline
 800 799 7233

 SEXUAL ASSAULT 24/7 helpline
 800 656 4673