

## MYTH

**“IT IS EASY TO SPOT  
AN ABUSIVE MAN.  
SHE MUST HAVE  
KNOWN WHAT HE  
WAS LIKE”**

## TRUTH

**“WOMEN DO NOT  
SEEK OUT  
RELATIONSHIPS  
WITH ABUSIVE MEN”**

**16 Days of Action 25 Nov – 10 Dec 2018**

**#CHANGETHECONVERSATION**

Tactics of abuse can be very subtle and difficult to recognise. Some tactics of abuse may seem insignificant in isolation. However, it is important to recognise the intent behind such behaviour. Frequently, abusers do not reveal this aspect of their behaviour until the relationship has become well established.

Abusive men will quite often groom their partners. This lays the ground work to facilitate their controlling and abusive behaviour. It may start with him telling her what to wear, taking her shopping and picking out clothes, making remarks on what looks bad or good on her.

He may start to prevent her from seeing her friends and family by sabotaging arrangements or making her choose between spending time with him or her loved ones. He may be overbearing to the extent where she has no time to herself to think, evaluate the relationship or judge certain situations or behaviours.

Living with domestic violence is like living in a horrific trap. Women are confused, lonely and isolated. That is why it is important women are encouraged to speak in confidence to organisations like Women's Aid.

**#CHANGETHECONVERSATION**



Women's Aid 24hr National Helpline

**1800 341 900**

Listening. Believing. Supporting.

[www.womensaid.ie](http://www.womensaid.ie)