

Have you Heard any of These Phrases Before?

"I'm still here that's how much control you have over me"

You are feeling trapped/stuck in your relationship.

"We are in a toxic relationship"

"Then stop loving me"

"You deserve better"

Either you or your partner has said any of these phrases.

"One more step and we're done"

"Where the hell have you been"

**"You're selfish, and ignorant!
Thank you for leaving"**

You feel threatened and the talk that is used is aggressive.

"Are you still in love with her"

"This is my wife"

There is another woman in the picture.

If you or someone you know is in a toxic relationship or dangerous situation do not be afraid to contact these sources.

Betterhelp.com
Hotline: 1.800-799-Safe
Helpguide.org
Nodvla.org