

LET'S TALK
POST-SEPARATION
ABUSE



PRESENTED BY LUCY WADE

YOU DON'T
own me

Online Session 2025

Delivered by: Lucy Wade

Website: You Don't Own Me

Podcast: DIP in and out with
Lucy CIC

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Why is it important we talk about Post-Separation Abuse?

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- Restricting access to money and assets
- Personal loans and debts in victim's name
- Homelessness
- Filing for divorce
- Mediation
- Child Maintenance Arrangements
- Family Court Proceedings
- Changing contact arrangements
- Social Services / Police / Medical Practitioners/ MARAC
- Domestic Abuse Support Services
- Stalking and harassment online & in person
- Retaining power and control through use of emails and text messages
- Triangulation
- Child to parent abuse
- Overcompensating parent

Season 4 Episode 3 - "You've got a friend in me" with Sarie Taylor. Founder of Worldwide Well-Being

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- Post Separation Abuse has an impact on the relationships around us.
- Family and friends can find it difficult to know what to say or do.....

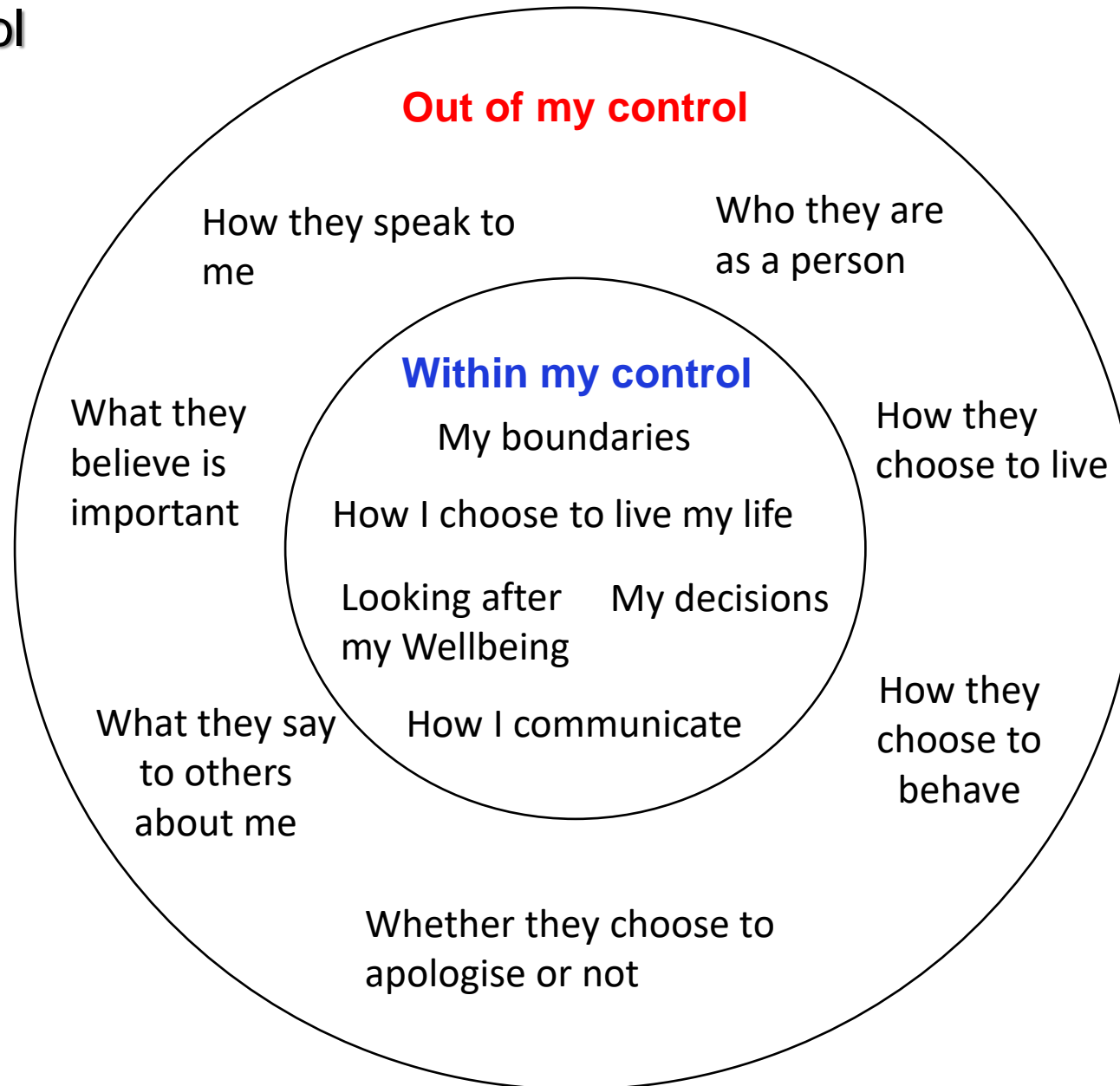
The Circle of Control

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A great tool to illustrate
what is within an
individual's power to
change or control

And what an individual
has no power to
influence or control



This can help
regulate the
feelings of
overwhelm
and concern that
many victims and
survivors
have about their life

Terminology

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LOVE BOMBING

TRAUMA BONDING

GASLIGHTING

TRIANGULATION

Various terms are often used when we talk about abuse.

But what do they actually mean?

Love Bombing is a form of psychological and emotional abuse where the perpetrator uses attentiveness, flattery, excessive gifts and charm to manipulate the victim into a relationship with them.

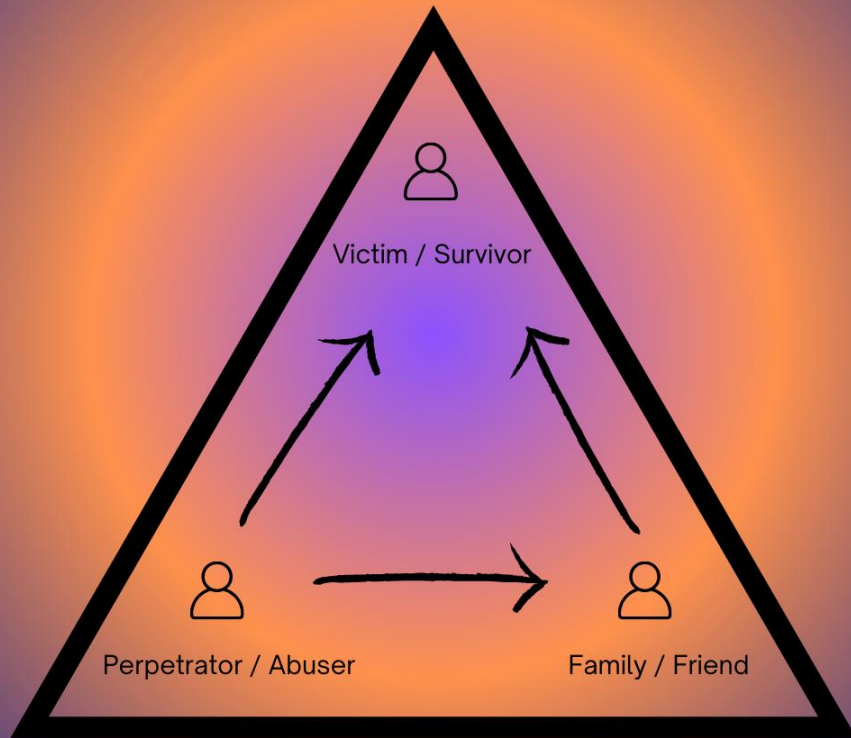
- **Trauma Bonding** is a cyclical pattern of abuse, where the victim feels an attachment to their abuser. Abuse is often followed by regret and declarations of love from the perpetrator. And the victim only wants to get back to the point in the relationship where they believed they were, “happy.”
- **Gaslighting** the term came into being as a result of the 1938 stage thriller, which was adapted into the film, Gaslight in 1944. The term gaslighting is a form of psychological abuse where the perpetrator manipulates the victim into questioning their own sanity.

Terminology

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Triangulation



▪ **Triangulation** is a manipulation technique that abusers use to attempt to retain power and control over the victim/survivor.

It involves including a third party such as a family member of friend into the relationship to create confusion, insecurities and jealousy within the victim.

The impact of triangulation can last a very long time and some of the effects may include feelings of isolation and self-doubt.

Signposting for victims, survivors, family, friends and colleagues.



I get asked a lot about how victims and survivors can help themselves spot the signs of abuse?

As well as asking what the individual do, we should also be asking what can we do to support victims and survivors.

If we make the conversation an open one, then hopefully it will encourage people to speak out and seek support.

It comes down to us as a society making it clear, we are not here to judge or blame someone for their situation.

We are here to support.

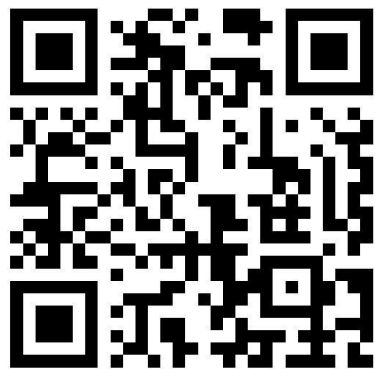
My Resources page hosts a wealth of resources and support services.

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Website



Podcast



Questions and Discussion.....

Thank you!

For more information, contact
lucy@ydom.co.uk

If any of the information contained in this presentation resonates with you or you are concerned about someone else, please scan the QR codes and visit my website and podcast.