

'Should I be wearing this?'

'Did I really forget again?'

'Maybe I shouldn't see my sister so much,'

'Maybe it was my fault I met her'

'Should I have bought that without asking?'



'Did I miss a text?'

Are you feeling controlled? Control is abuse.

You can get support from your
healthcare professional or call
0300 373 1073 (Cambridgeshire)
01733 894964 (Peterborough)

