

HEALTHY RELATIONSHIPS AND ABUSIVE RELATIONSHIPS

A resource
for Christian
marriage
preparation
groups

By
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ALWAYS
HOPEFUL



Healthy Relationships and Abusive Relationships.

A resource for Christian Marriage Preparation Groups

Background

Research carried out by Restored in partnership with The University of Leicester and Coventry University in 2018 revealed that 1 in 4 of churchgoers sampled had experienced abusive behaviours in their current relationship. This is similar to the rates at which domestic abuse is experienced within the general population and confirms previous findings from research undertaken by The Methodist Church and published in 2002 as well as research around the world. The sad fact is that Domestic Abuse occurs within Christian couples at the same rates as the rest of the population.

For around 7 years I worked as a recovery practitioner with women who had experienced domestic abuse. I ran group courses that explained what healthy and abusive relationships looked like. Time and time again women said to me “I wish I’d known this before I got married.” It may seem that it should be obvious that abusive behaviour is not acceptable, but this is not the case, victims often remain in abusive situations because they don’t realise the behaviour, they are experiencing is not normal. Those who work with perpetrators tell us that the beliefs and attitudes of the perpetrator are also the underlying cause of his behaviour. Therefore, educating people around how to build a healthy relationship and what behaviour is unacceptable is likely to reduce instances of Domestic Abuse. As Christians we have an exceptional resource for learning how to relate well to one another: Jesus. This resource then, presents models for “good” and “bad” in a relationship based on Jesus’ teachings and the biblical definition of love.

Gender Based Violence

Both men and women can be victims of Domestic Abuse and both men and women can be perpetrators of domestic abuse. However, it would be misleading to say that there is no gender bias when it comes to abuse. The majority of Domestic Abuse Victims are female (77%), and most perpetrators are male (92%). There are several reasons for this, and it is something you should bear in mind when delivering this material. However, this resource is written to be gender neutral, just because male victims are in a minority, it does not mean you will not have any amongst your participants, the same is true of female perpetrators. This resource should not be delivered with any assumption that anyone in the room is either a victim or a perpetrator of abuse, it is simply providing education on what both “good” and “bad” look like in terms of relationships.



Aims

The aim of this resource is to equip those people about to embark on marriage with biblically based knowledge about how they should behave towards their spouse as a Christian and how they should expect to be treated.

The goal is twofold, to provide a good basis for building happy, healthy marriages and to equip people with the knowledge they need to recognise abusive behaviour should it occur.

Final notes to facilitators

The following pages contain group exercises and a group bible study that provide education and space for personal reflection about healthy relationships. It is recommended that you use all these exercises in the order they are presented because they all follow on from each other. Feel free to modify for your own group.

There is a lot of information in the “cup model” and so you may wish to make this part of the resource into a second follow on session or take a break before The Cup Analogy, depending on how much time you have.

The Cup Model should be delivered in two groups with couples separated. During this part of the session, I recommend providing signposting to sources of help for anyone who does realise that they are experiencing abusive behaviours. Researching local sources of support is brilliant, but if this is unavailable to you then national helpline numbers are provided in the Further Resources section. It would be good to do this in a way that allows participants to discretely take helpline numbers home without anybody else knowing, one way to do this is to post them on the inside door of toilet cubicles with small tear off slips that can be secretly tucked into a pocket. At the end of this resource, you will find three posters you can use for this, one for men, one for women, and one for perpetrators of any gender. (pages 17-19)

What I love about....

Give each person two pieces of paper. Tell them that this is an individual exercise and not to talk to their fiancé/e whilst they do it or show the other person what they are writing.

Ask each person to write on one piece of paper something that they love about themselves and on the other something that they love about their fiancé/e, try to think of the thing they love most.

When they have all done it ask everyone to give their fiancé/e the piece of paper with the thing they have written about them and give them a few minutes to compare whether they have written the same things about themselves as their fiancé/e has, what they think about what the pieces of paper say, whether they agree etc.



Maths Lesson:

Write the following maths problem on the board/flipchart and ask the group what the answer is:

$$1+1=$$

It's not a trick question. The answer is 2.

Now ask the group what you need to do to turn that 2 into 1.

The answer, of course is subtract one.

The Spice Girls sang that 2 become 1 but the only way two can become 1 is if you take 1 away.

Tell the group to look again at their pieces of paper. If they're expecting to become one when they're married, which of these lovely things is going to be "subtracted"?

Remind the couples that they have each fallen in love with an individual, with their own unique personality, strengths, and foibles. These are the things that make us the person we are, if we aim to become simply "the wife" or "the husband" we will lose our sense of self, if we expect our partner to become an extension of ourselves then they will no longer be the person we fell in love with.

Rather, in relationships we should become *more* than the sum of our parts, a marriage should encourage each individual within the marriage to grow. Think about growing a sunflower seed (you could plant some if you want to add a nice activity into this, then the couples can nurture their plant together over the forthcoming months) When we plant a seed, we need to make sure it's planted into healthy soil, that there are no weeds around that could prevent it growing. We need to feed it, water it, and make sure the conditions are right: that it doesn't get exposed to frost, that it gets enough sunlight etc. Ask the group to brainstorm what conditions they think a human needs to grow personally and spiritually and write them on your flipchart.

You'll expect to see things such as:

Support and acceptance

Love of who I am.

Freedom to be myself.

Freedom to ask questions.

Encouragement

Encouragement to do things just for me.

Give the couples an opportunity to talk to each other about the things most important to each of them as individuals that will enable them to grow.



Conclude by suggesting that if we're going to have "bad maths" in a relationship it's healthier, instead of thinking 2 become 1, to think of 3 entities in a relationship

Individual 1

Individual 2

"Us"

"Us" may make decisions together on matters that affect us both, "us" may be able to do things that the individual cannot do alone, like make a baby or buy a house, "us" should work together on little individual tasks like cooking dinner and on big tasks like raising children or perhaps a shared ministry.

But also, individuals can do things alone, make their own decisions and maintain a sense of self. Should the relationship end, through divorce or death, or should there be a temporary absence- such as travelling away to work, the individuals are able to continue to function outside of "us"

Bible Study: doesn't the bible talk about "One Flesh?"

When Jesus and Paul refer to "One Flesh", they are referring back to the creation narrative in Genesis, so this is key to our understanding of what "one flesh" means

Read: Genesis 2:18-24.

In Chapter 1 God declares his creation "very good" but then by Chapter 2 something is "not good": man does not have a partner. Consider and discuss the following questions:

1. What does God do first to find a partner for man? (v.19-21)
2. Why were none of the animals suitable to be Adam's partner?
3. God is omniscient, he would have already known that the animals were not suitable partners for Adam, so why do you think he may have presented them to Adam in the first place?
4. When Adam sees the woman, he declares that she is a suitable partner, why? What is it that Adam sees in the woman that makes her suitable?
5. And so, *because* of that suitability "a man leaves his mother and clings to his wife, and they become one flesh" Given the context of what we have just read about why the woman was suitable and the animals were not, what do you think One Flesh is referring to?

When the bible refers to "one flesh" it is referring to shared humanity, to the unity and equality that Adam saw in Eve and that should be the underlying principles of marriage: partnership, unity, shared responsibility. It does not mean you literally become one person, or that you should lose your identity in the marriage, but that you become a unit, who work together, it refers to the "us"



It is also worth noting the line “A man shall leave his mother and father and cling to his wife” In the early Israelite culture men did not leave their mothers and fathers when they married, instead, the wife joined the household and was subsumed under it, her status in the household would have been lower than the mother and father. The author of Genesis is saying that a man should also leave his family, because he and his wife are equals, so he should place her in the position of priority in his household.

The Cup Analogy.

Have enough cups ready for each person and enough empty cups for each couple.

Some of your cups will be filled with clean water, some with dirty water (you could use food colouring for this). Give them out randomly but try to make sure that some couples only get clean water, some couples only get dirty water, and some couples have a person with a clean cup of water and a person with a dirty cup of water.

Remind the couples of the ideal relationship outlined at the end of Genesis 2 and ask them “what happened next?” Your group will likely be familiar with Genesis 3, if not you can read it out. Adam and Eve sinned and as a result of sin entering the world relationships became damaged. Gen 3:16 describes the relational consequences of the fall as “your desire will be for your husband, and he will rule over you.” Some people have historically read this as God commanding men to rule over their wives, but if we read it in context of the other things listed: pain in childbirth and toiling the land, it seems that God is describing an unwanted consequence. We do not believe it is wrong to use epidurals because God *wants* us to experience pain in childbirth, we don’t believe it’s wrong to use tractors or ploughs because God *wants* us to experience backbreaking toil. Likewise, God does not want us to experience power struggles and broken relationships, they happen because of the fall, they are a consequence of sin.

So, what did God do? God sent Jesus. Jesus provides us with a better way to live: love. This means that now, in our marriages we can choose to pour into our relationship from Adams cup (hold up the dirty water) or from Jesus’ cup (hold up the clean water) Whichever of these cups we fill our lives with, will spill over into our relationship.

So, ask the couples to each pour from their individual cups into the empty relationship cup. Now ask the couples who would like to drink from that cup.

The only cup anyone would want to drink from is the one where both partners had clean water. Even if one partner is pouring Jesus into their relationship, if the other is pouring sin into their relationship it will contaminate and damage the whole relationship. This



is why it's important, before we marry, to ensure we are pouring from Jesus' cup and that the person we marry is also pouring from Jesus' cup.

The Cup Model.

At this point we are going to talk about what behaviours we will see in someone pouring from Jesus' cup and what behaviours we will see from someone pouring from Adam's cup. It is advised to deliver this part of the session to the men and women separately. (if you have same sex couples you can create two mixed groups separating all the couples) this gives each person a chance to reflect on how they are treated by their future spouse without the added pressure of having that person in the room with them. The point of this exercise is to show what a healthy and unhealthy relationship looks like so that anyone in an unhealthy relationship can spot the signs sooner rather than later.

Remind the group that when we relate to one another "like Adam" in our natural and sinful ways, a power battle ensues, Genesis 3:16 tells us that we try to exert power and control over one another, this is the root of unhealthy and broken relationships.

The alternative Jesus offers us is love. In Matthew 22:34-40 Jesus was challenged by the Pharisees to explain what the most important commandments were. The commandments were a guide for living- so essentially, he was asked 'how should we live?' Jesus replied that we should love God and love our neighbour because all of the law hangs off love. When the bible talks of "love" it's not referring to the emotion that you no doubt feel towards your future spouse, but rather to a set of behaviours, and the bible spells these behaviours out in detail in 1 Corinthians 13.

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

Love never ends.

So, if we want to know what Jesus' cup looks like and what Adam's cup looks like we could read that as

Jesus' cup is patient; Jesus's cup is kind; Adam's cup is envious, boastful, arrogant and rude. Adam's cup insists on its own way; it is irritable and resentful; Adam's cup rejoices in wrongdoing. Jesus' cup rejoices in the truth. Jesus' cup bears all things, believes all things, hopes all things, endures all things.

Give out the double sided handouts on pages 12-15



Let's look at some practical examples of what pouring into a relationship from Adam's cup looks like and what pouring into a relationship from Jesus' cup looks like.

Split the group into pairs and give each pair one of the 'drops' from Jesus' cup (or more depending on your numbers) ask them to discuss that behaviour and come up with some examples/scenarios of what it may look like practically. Then get each group to feedback to the whole.

Next, do the same exercise with the drops from Adam's cup. Give each pair one of the drops to look at and ask them to think of examples of behaviours. It is important to highlight here, as their fiancés are in another room, that this is not an opportunity to complain about their partner behind their back, so no real and personal examples should be used. The scenarios they come up with should all be hypothetical.

When looking at the unhealthy behaviours pay particular attention to how this may look in the early stages. Most abusive relationships become worse after life commitments such as marriage, moving in together, starting a sexual relationship and having children. Often the more obvious signs of abuse may not manifest until after marriage. The point of this exercise is to help people to spot red flags early on.

What if my partner is pouring from Adam's Cup?

Ask the group whether they can expect their partner to always pour from Jesus' cup and never pour from Adam's cup?

Everybody makes mistakes and behaves badly in relationships from time to time, but the behaviours we have highlighted from Adam's cup are behaviours that are unacceptable and destructive to a marriage. Regularly behaving this way is not marriage, it is breaking all the vows that will be made. So, ask the group what is the difference between someone who is pouring from Jesus' cup but is human so sometimes gets it wrong and someone who is abusive and pouring sin into their relationship?

You may get a variety of suggestions, the two points to draw out clearly are:

1. Repentance- not apologies, because the abusive person will say sorry and appear to mean it, real genuine repentance means accepting full responsibility for the behaviour and changing it- never doing it again. The word "but" should not follow the word "sorry".
2. Control. In a relationship where someone is trying to control the other person, that person will fear the consequences if they upset their partner/don't meet



demands. In a non-abusive relationship, your partner may sometimes behave unreasonably and badly, but they do not make you fear what will happen if you do not behave in a certain way.

Finally, nobody wants to think about divorce in marriage preparation classes but ask: if your partner is pouring from Adam's cup is it okay to get divorced?

Some people believe they can only divorce in cases of adultery. Often Malachi 2:16 is quoted- "I hate divorce, says the Lord" but reading Malachi in context God is angry with men who mistreat their wives, in that time if a man divorced his wife, which they may do simply because they wanted a younger wife, she would be left destitute, her only options for survival would be to be taken in by a male relative or to turn to sex work. Malachi 2:16 describes this as "violence" and this is what God hates. God hates to see God's children treated in unloving and controlling ways and does not expect anyone to stay in a marriage where one partner is unfaithful to their vows. Unfaithfulness does not only mean adultery, but it also means being unfaithful to the promises we make in marriage, and it is the point where these vows are broken that the covenant is broken, the one who breaks these vows who instigates divorce, not the one who recognises it and makes it legal.

The point of this conversation is to ensure that any participant who may experience abuse, whether it is now or in the future, knows they have permission to leave and are not trapped. A sense of being disobedient to God keeps lots of Christians in abusive and dangerous marriages. This conversation also serves to let anyone perpetrating abuse know the seriousness and unacceptability of their behaviour.

Plenary

Bring the large group back together.

This is likely to have been a difficult session. Nobody contemplating marriage wants to think about unhealthy and abusive relationships but remind the group that whilst we hope nobody in the room will ever experience the things we discussed, it's important to be aware of them, and to be aware that they are not normal or acceptable in a marriage. That boundaries keep us safe and knowing our dealbreakers also keeps us safe.

The behaviours in Adam's cup should be dealbreakers. Couples preparing for marriage should know that God wants them to be treated with love and to treat one another with love, nobody is expected to stay in a relationship broken by power and control. Ask them all to consider what their dealbreakers would be.



Then, finish on a more positive note.

Ask each couple to commit to pouring Jesus' love into their relationship, print out and give out the bookmarks on page 16 and suggest they keep these in their bible or pin them to their fridge or perhaps in their wedding planning book. Next, remind them of the things they wrote about themselves, and the things their partners wrote about them in the first exercise. Suggest that they turn their bookmarks over and write these things on the back, so they always remember who they are, and why they are loved.

Additional Resources

The following resources are U.K. based, including the toilet door posters. If you are using this resource outside of the U.K. Please find local resources.

You are unlikely to receive disclosures of Domestic Abuse but if you do you should refer to your own churches safeguarding policies in the first instance. Most denominations have policies and guidelines. The Methodist Church policy around handling a disclosure is well worth a read and can be found from section 9 onwards in this document.

https://www.methodist.org.uk/media/30038/domestic_abuse_policy_and_procedures_2021_final.pdf

Restored have a Survivors Network for Christian survivors of Domestic Abuse who are female. Information can be found here: <https://www.restored-uk.org/survivors/i-need-help/survivors-network/>

Women's Aid also have a survivors' forum and a wealth of resources
www.womensaid.org.uk

Mankind Initiative offer support to male victims
www.mankind.org.uk

Respect offer help to anyone who believes they may be a perpetrator of Domestic Abuse
<https://respectphonenumber.org.uk/>

National Domestic Abuse helpline (for women) 0808 2000 247

Men's Advice line: 0808 8010327

Respect Phonenumber (for perpetrators who want to change) 0808 802 4040



Sources.

The following sources provide further information on the facts and figures quoted in the background section of this resource and have been used in its creation.

<https://www.restored-uk.org/partner/churches/advocacy/churches-too/>

<https://www.methodist.org.uk/downloads/conf-domestic-violence-the-way-forward-2002.pdf>

There are many studies and crime reports that demonstrate the gendered nature of Domestic Abuse, this page on the Women's Aid website links to a good number of them.

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/domestic-abuse-is-a-gendered-crime/>

Books:

Bancroft, L. *Why Does He Do That? Inside the minds of angry and controlling men* (2002)

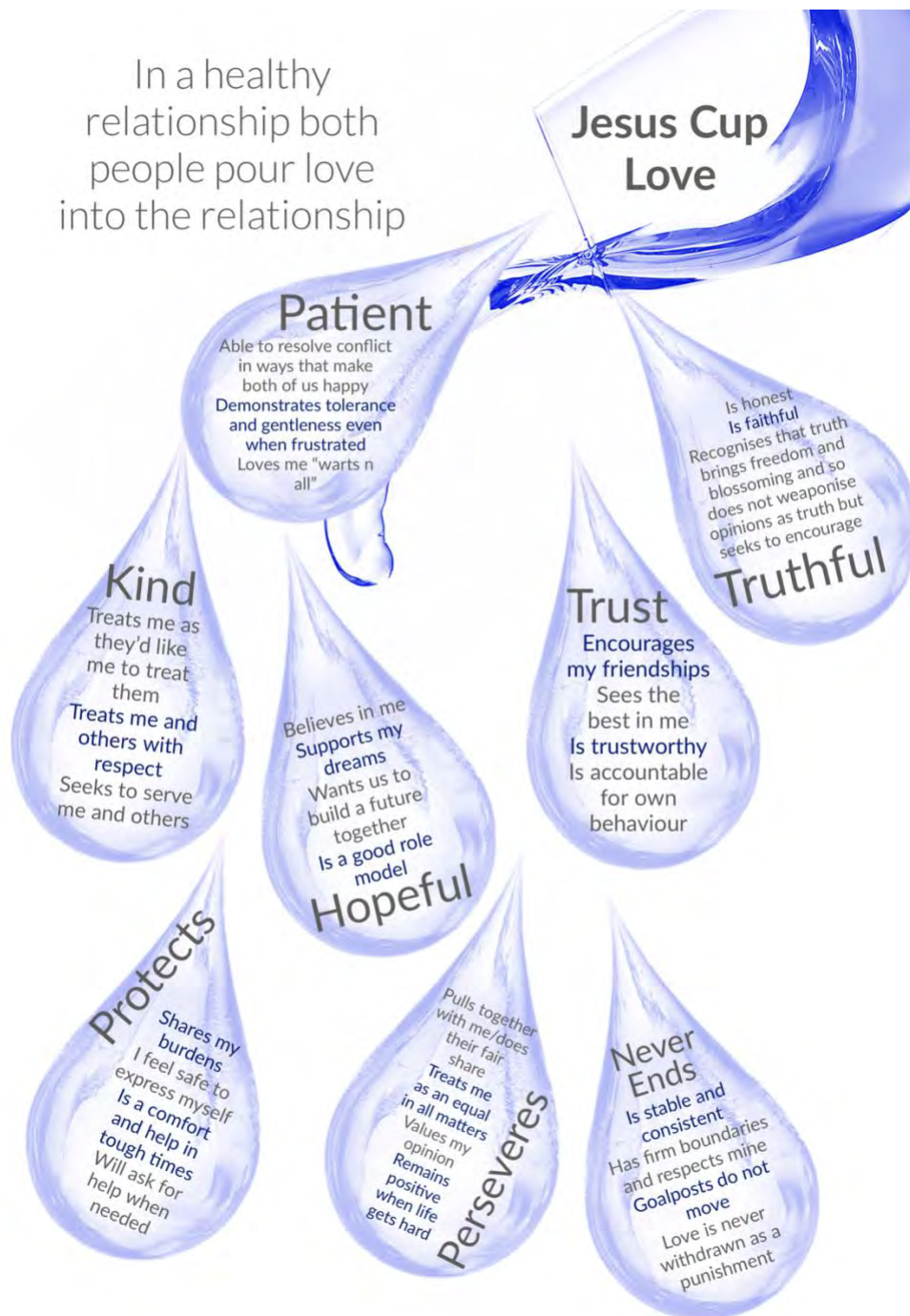
Craven, P. *Living with the Dominator* (2008)

Paynter, H. *The bible doesn't tell me so: Why you don't have to submit to domestic abuse and coercive control* (2020)

Handouts/Bookmarks/Posters



In a healthy relationship both people pour love into the relationship



Patient

A patient partner knows their partner's flaws and still loves them, there is no expectation of perfection. They are tolerant and gentle even when they are feeling frustrated. When there is conflict in the relationship, they will look to find a resolution that is mutually beneficial, they can navigate conflict without being aggressive or abusive.

Kind

A kind partner treats their partner and others in the way they want to be treated. They are respectful and generous, they seek to serve, putting others' needs above their own.

Truthful

The truthful person is honest and faithful within a relationship. They do not keep secrets or commit adultery. They do not insult or hurt their partner under the guise of "speaking the truth in love" rather they recognise that the truth causes people to blossom and brings freedom and so they seek to encourage.



Protects

The language used in this verse in the bible is “to bear up under pressure” A loving spouse seeks to be a safe shelter during a storm, they share the other person's burdens and provide comfort in difficult times. Their partner feels safe to express themselves and to be vulnerable. They recognise that this is an equal partnership and will ask for help when they need it, they are not afraid to be vulnerable with their spouse.

Trust

This means they are both trusting and trustworthy. They believe the best of their partner, encourage their partners friendships and other relationships, they get on well with their partner's friends and family. They are secure in their relationship, so they do not express jealousy. (if they feel jealous, they recognise that it is a normal human emotion and deal with it themselves) They are also trustworthy and reliable, they take responsibility and are accountable for their own behaviour. They will apologise, and mean it, when they are wrong.

Hopeful

They genuinely want to build a future together and work towards doing that, being a good role model to children and younger people and contributing to their family in terms of finances and work. They give their partner cause to feel real hope for their shared future. They believe in their partner and their abilities; they encourage and support their partner to pursue the things that are important to them.

Perseveres

The bible talks of it being important that a couple are “equally yoked” and this is so that they can persevere together. If two oxen pull a cart, they need to be equal in strength or the cart will be pulled unevenly and will break. They need to pull in the same direction. The partner who perseveres sees the other as an equal in every way, they will ask and value the other person's opinion and decisions will be made together, they pull in the same direction. They will remain positive and committed even when it is difficult and will do their fair share within the relationship, emotionally and practically.

Never Ends

Love is stable and consistent. This partner is not fickle in their love and would never withhold love as some kind of punishment, this love is consistent and underpins their attitude even when they are unhappy with the other. They have firm boundaries and so their partner always knows where they stand, the goalposts do not move. They also respect their partners boundaries.





Envy

Envy arises from a feeling of entitlement and possessiveness. The envious partner feels that their partner "belongs" to them and as such will use jealousy to control the behaviour of the other. They may isolate their partner from other relationships, accuse them of infidelity or may attempt to make their partner feel jealous of others by using comparison or flirting with other people. In the early days of a relationship this can be subtle and may take the form of turning up unannounced when their partner may have other plans or using romantic gestures such as surprise holidays or cosy nights in to persuade their partner to spend time exclusively with them.

Boastful

The boastful person is all about curating their own image, in the early days they may "love bomb" their partner with gifts, seeking

to be seen as 'Prince Charming' or some kind of saviour. Their motivation for any act of kindness is making themselves look good. They are charming and often well liked. They may be full of tall tales, exaggerating their own importance or abilities. When they fail or make mistakes, they will be unable to admit they have been wrong. They may also be full of sob stories: it will never be their fault.

Arrogant

The arrogant person feels superior. This may be based on underlying beliefs about men and women but it could also be because they believe they are more intelligent than the other, or better in some other way. Arrogant men are likely to use their male privilege to exert authority over their wives believing it is his job, even his divine right to teach and to control. Arrogant women may use a reversal of this, telling their husbands that they aren't "man enough" and need to "man up" criticising his masculinity based on gender stereotypes. The arrogant spouse infantilises and patronises the other, undermining them in front of others and undermining their self-confidence. If there are



children involved the arrogant parent will undermine the other's ability to parent effectively. In the early days of a relationship this may be more subtle and may take the form of questioning their partners choices "just wondering...?" or trying to convince them to change their viewpoint or do things they are uncomfortable with.

Rude

The person who is rude pays little attention to the feelings of others, they know words have power and use their words to hurt, to tear others down rather than build them up. They may use seemingly innocuous comments to make their partner feel small or may use backhanded compliments or "banter" as an excuse to insult them. After a while the criticism may become constant, like a dripping tap. In the early days of a relationship the rude person may be on their best behaviour, but some signs that they have these tendencies can be the way they speak to those with less power, they may be lovely to their partner but rude to the waiter when they are out for dinner, or they may make sexist, racist or homophobic jokes.

Selfish

The selfish person puts their own wants and needs first, they will even put their own needs above their own children. They will withhold money from their partner and will use financial abuse to limit their access to money and independence. The selfish person will have no qualms about using anything or anyone to hurt or control their partner and may bring family members, friends and even children into arguments or threaten them to coerce their partner. They may also be sexually abusive, using sex as a weapon and prioritising their own sexual needs.

Irritable

Living with an irritable partner makes a person constantly feel as though they are walking on eggshells. They will use fear as a form of control. There may be a fear of physical abuse, which they may use, but they may also use intimidation and threats to frighten and control. They will seem angry and will fly off the handle easily. As with the rude person, the irritable person may hide this well in the early stages of a relationship and may be more inclined to moodiness, emotional distance, and little mini sulks.

Resentful

The resentful person loves to drag out an argument for as long as possible and no solution will ever make them happy. They will drag arguments out long into the night, not allowing their partner to sleep. Everything their partner does will be wrong and they will portray themselves as the victim in all circumstances. They will become so skilled at this that their partner may start to believe that they are to blame. The resentful person constantly brings up past arguments and re-writes history, using gaslighting techniques to manipulate their partner's worldview.

Rejoices in Wrongdoing.

The abusive person knows that they are exerting power and control over the other and they revel in that. They may be cruel but at other times may be lovely: they are like Jekyll and Hyde. The person rejoicing in their wrongdoing manipulates their partner so that they can get away with this behaviour for as long as possible, they deny the behaviour, they minimise their abuse and they blame their partner for it. They work to make their partner feel like they are going crazy. Because this behaviour is so manipulative it creeps up very slowly and can be hard to spot at the beginning of a relationship. A good question to ask is "How do I feel about myself after spending time with this person?" After spending time with a manipulative person, we may feel under-confident about ourselves, we may over analyse our own behaviour, we may feel like we are going crazy or we may feel like we aren't 'good enough' for them. In a healthy relationship we should feel good about ourselves.





I'm going to fill
my marriage
with love by
being:

Patient Kind
Hopeful Trusting
Trustworthy
Truthful
Protecting
Supportive
Persevering
An equal partner
Consistent

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my marriage
with love by
being:

Patient Kind
Hopeful Trusting
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Supportive
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"Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends."

1 Corinthians 13: 4-8

"Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends."

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1 Corinthians 13: 4-8



Scared of your partner or ex?

Talk to us any time, day or night.

Freephone 24 hour National
Domestic Abuse Helpline

0808 2000 247

Confidential,
non-judgmental support

Or reach us online:

www.nationalDAhelpline.org.uk

Refuge

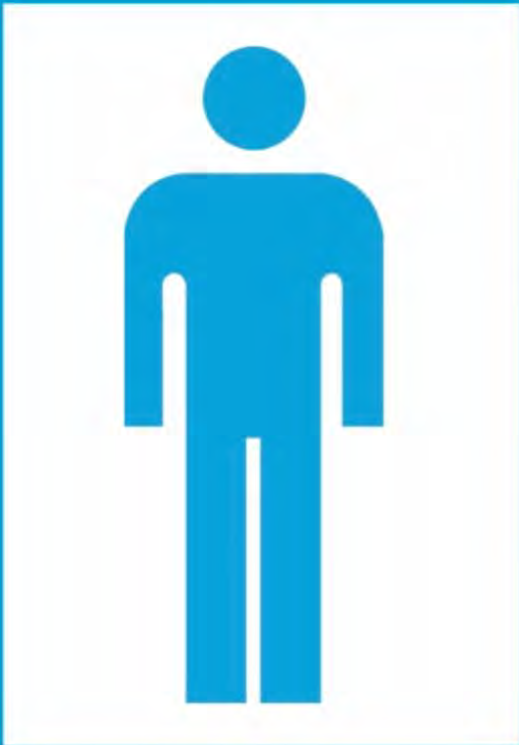


For women and children.
Against domestic violence.

Registered Charity Number 277424

0808	0808	0808	0808	0808	0808	0808
2000	2000	2000	2000	2000	2000	2000
247	247	247	247	247	247	247





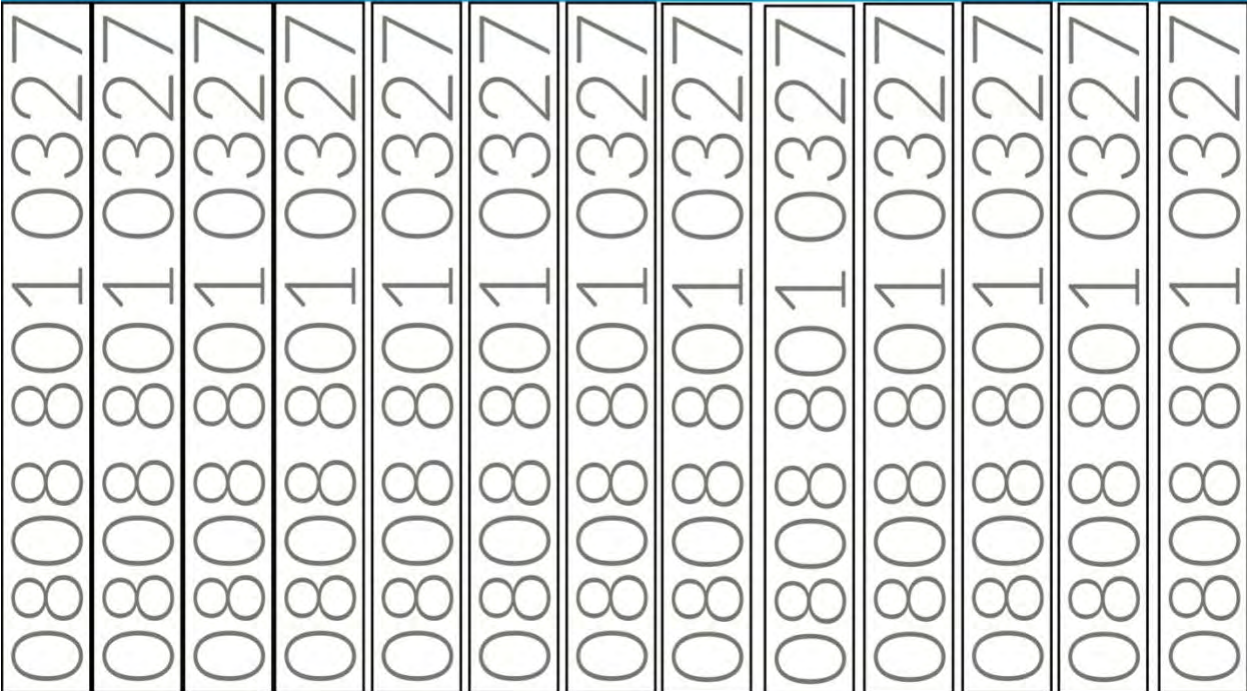
Domestic violence
affects men too

Talk it over

Not sure what to do?
Call the Men's Advice Line
and talk it over.

0808 801 0327

Calls to this helpline are free from landlines
and mobile phones within the UK and
do not appear on itemised bills



Respect

Phoneline

Are you hurting the
ones you love?

Choose to stop.



Get help for your abusive
behaviour towards your partner

0808 8024040

info@respectphoneline.org.uk
www.respectphoneline.org.uk

Mon-Fri
9am-5pm

