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He/She regularly looks into my phone, can't stand when I change my password and keeps questioning me about my contacts he/she doesn't know. He/She suspects me to hide messages from him/her and to lie to him/her.

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He/She uses a very abusive and insulting language towards me especially in front of his/her friends or my family. I am ashamed but I don't dare to answer him/her.

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He/She harasses me over the phone, texts me every hour and if I don't answer, his/her words become more and more violent.

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He/She demeans me and makes me feel guilty. By saying that I am incompetent, lame and stupid over and over again, I am starting to believe him/her and I don't dare to take on initiatives or express myself.

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He/She doesn't want to admit that I don't share his passions, he/she wants to impose his/her tastes and doesn't take any interest in mine. He/She doesn't respect my opinion and doesn't take my disagreement into account.

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He/She puts me on diets and criticizes my physical appearance. He/She forbids me to dress the way I want to under the pretext that it doesn't suit me or that my clothes are shocking and provocative.

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He/She forbids me to go out with my friends and can't stand when I look at another man/woman. He/She doesn't accept that I have friends that he/she doesn't know. He/She wants to accompany me everywhere and can get violent if I ask to be alone with my relatives.

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He/She keeps me from spending my money. He/She always checks the amount of my buyings and blames me for spending money over things he/she finds useless. He/She doesn't want me to work because he/she says it is his/her duty to provide for our needs.

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I am no longer sure of what I feel for him/her but I can't leave him/her because he/she threatens to spread intimate videos and blackmails me. I am afraid of the consequences.

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He/She doesn't want us to protect ourselves during sex under the pretext that it would be a proof of love without any risk of diseases or pregnancy. I don't agree but I feel forced to accept because he/she is very insisting.

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He/She keeps saying that I embarrass him/her and that I only say stupid things. He/She keeps interrupting me, forbids me from expressing myself and doesn't take any interest in what I say. He/She gets violent if I contradict him/her.

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He/She says that I don't know how to handle my things so he/she keeps my credit card and my documents. I feel very reliant on him/her.

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He/She insists on kissing me and/or having sex and doesn't hear my refusal and/or doesn't wait for my consent.

He/She makes me feel guilty until I give in, or forces me.

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It happens for him/her to be physically violent towards me. He/She says it is my fault and that I had it coming.

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He/She and I both take care of our own documents. In case of difficulty we know we can count on each other.

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We send intimate pictures but both of us know the heavy consequences of sharing and spreading intimate content. We are very careful. Whether we are a couple or not, this remains strictly private.

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Even though we sometimes fight and disagree, he/she never threatens me and would never hit me.

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Whether we've had sex before or not, he/she respects my will and needs, doesn't insist and understands me. And it is mutual.

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He/She worries about my safety and my health. He/She worries when I get back home later than expected or if I don't answer to his/her calls or texts.

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He/She asks for my opinion, my advice and we like to debate on society matters and share thoughts.

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He/She supports me through my personal and professional projects. Thanks to his/her encouragements, I feel even more confident.

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Protecting ourselves doesn't take away any of the pleasure we have to be together. We know about the diseases and pregnancy risks and take care of each other by protecting ourselves.

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He/She respects my decisions, my interests, my tastes and my desires. Even if we don't have the same hobbies, tastes and opinions, we manage to find a compromise.

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He/She has never insulted me about my looks or my behaviour. He/She respects me entirely, as do I.

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I have a lot of friends whom I like to spend time with. He/She is happy for me and spends time with friends on his/her side, without me necessarily being with him/her all the time.

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He/She trusts me and when he/she sometimes asks me about my friends he/she doesn't know or about the content of my messages it is only because he/she cares about me.

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With my money, I am free to indulge myself, as long as my spendings do not jeopardize our relationship. I am independent and autonomous, I do not depend on him/her to buy what I like.

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Even when my make up and outfits are not to his/her likings, what matters the most is that it pleases me. Of course, his/her opinion matters and I sometimes take it into account in my decisions, but I would never forbid myself to be who I am because he/she doesn't like it.

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