

21 Signs your woman is **manipulative** and **controlling**:

1. You're scared of her.
2. The goal post keeps changing.
3. She's abusive (emotionally, verbally, physically).
4. She brings you down in public.
5. She is never open to healthy communication (especially when she's wrong).
6. She will verbally bully you when she feels you are wrong.
7. She is emotionally inconsistent.
8. She often threatens you with breaking up.
9. She withdraws sex and affection to punish you.
10. She isolates you from your friends and family (she wants you all to herself).
11. She doesn't trust you.
12. She acts like your mom.
13. She constantly checks your phone, email and messages.
14. She makes decisions for you.
15. She either will not talk to you, or call you constantly to check up on you.
16. She is emotionally shallow.
17. She is negatively affecting your self esteem.
18. She has no life outside of your relationship.
19. *It's ALL your fault , ALL the time.*
20. *Being away from her feels like a holiday .*
21. *You start questioning your sanity.*

We are here to help :

Here at the Anxiety and Trauma Clinic we have experts who are waiting to assist you. Call us for a booking or for any question which you may have. We're here to answer any question or concern that is on your mind.

Call us on (011) 883-4552, or e-mail us on info@atclinic.co.za