



**Everyone thinks your partner is charm itself.
So why are you frightened of him?**

He's charming, considerate and attentive to your every need. He's your ideal man, your life partner. You love him, your friends think he's the perfect gentleman. Your world revolves around him and you hang on his every word, especially when his charm switches to rage – because then you find out what he really thinks of you.

Charm can be a weapon of abuse, used by men to manipulate and deceive. By switching between charm and aggression his behaviour is designed to confuse you and make you doubt your judgement, which leaves you walking on eggshells as you anticipate his next outburst. Every day at Refuge we help over a thousand women. You need never feel alone.

Caring or Controlling?

Find out at www.refuge.org.uk

Refuge



For women and children.
Against domestic violence.