

Scoring Results

■ 0-5

If you scored 0 -5 then it is unlikely you are in a controlling relationship, but you should always be mindful and keep an eye out for the signs.

■ 5- 30

If you scored 5- 30 then there are some signs that you partner has some controlling traits and you should keep an eye on the situation. Perhaps you could talk to your partner at this stage and explain their behaviour is bordering on controlling, and tell them they need to change. If they do not take on board what you are saying you need to think about how things may worsen in the future. Do you want to fall in love with someone who may want to control your life?

■ 30 -55

If you score is between 30 -55 your partner has some controlling traits and may slowly get worse. If you find yourself beginning to ask for his/her permission to do anything or you are constantly looking for approval from them, then they could be on their way. When you assume s/he's the best thing that's happened in your life and you start to convince yourself that s/he is your personal idol and the one who's always right, then you are almost hooked, so be aware!

■ 55 – 80

If you score 55 – 80 then this is a worrying situation and you should be concerned that your partner is already controlling your life and they may possibly be moving on to pressuring you into doing things that you don't want to do. This is not a healthy relationship and you should think about getting some advice as soon as possible.

■ 80 and above

Then this is a serious concern!!!!!!Your relationship has reached a dangerously high level of control and possible coercion. Your whole life revolves around them. S/he makes you believe that s/he's the one who can make you happy and no one else can. And surprisingly, you have started believing it too. His/her happiness becomes yours, his/her wants are your wants, and his/her likes become your likes. Your whole world will start to revolve around him/her, and nothing else. Every lover has a controlling streak within them, but there's the thin red line that makes all the difference.

If you are in any doubt or would like to seek advice then contact:

- ONE STOP SHOP in **Richmond** - 020 8943 8188

- ONE STOP SHOP in **Kingston** - 020 8547 6046

Alternatively you can contact:

Single Point of Access (SPA) – Kingston: 020 8547 5008 (020 8770 5000 for out of hours)

Single Point of Access (SPA) - Richmond: 020 8891 7969 (020 8744 2442 for out of hours / weekends)