

Are you in an uncomfortable relationship?

Do you spend your life 'walking on eggshells'?

Is your Prince Charming no longer what he seemed?



Want to talk? Contact us:

07387807316

backlash.understand@gmail.com

Facebook group: Backlash GY

Backlash



Backlash is a self-help group in the Grimsby area that offers people who have been affected by emotional domestic abuse the opportunity to talk about their experiences with others who have experienced the same.

As supportive as friends and family try to be, it is difficult to understand the nature of this type of abuse unless you have experienced it yourself.

Backlash was founded by survivors of emotional domestic abuse - now recognised in legal terms as coercive control. We offer friendly faces and sympathetic ears as well as signposting to professional support if necessary.

The offence of Coercive Control (2015) recognises that domestic abuse can take several forms and is not strictly limited to physical violence.

Everyone's experience is different, and all women are welcome, whether or not they wish to leave the relationship. It can be therapeutic to speak to others who know firsthand of the subtleties of emotional abuse and coercive control.

Emotional damage may not be visible but is as destructive as physical abuse. If it took physical form, victims of emotional abuse would be covered in wounds and bruises.

The following behaviours are just a few of the signs that an individual is involved in an emotionally abusive relationship:

Feeling that you are being isolated from family and friends.

You are afraid to disagree with your partner or made to feel that you are being 'argumentative' for holding your own views.

The feeling that you are constantly walking on eggshells; and changing your behaviour in order to please your partner.

The feeling that you are going mad, or are told that you are crazy.

A partner denies events or conversations that you know for certain have happened.

Your opinions are regularly ridiculed.

You feel unable to make any family decisions, or told that you are 'just wanting your own way' when disagreeing on issues.

Feel that you have to ask for money or your access to money is controlled, monitored or restricted.

Your partner is extremely charming in company but your behaviour changes once you are alone.

Clearly, no relationships start off as an abusive relationship. One of the manipulation tactics of a perpetrator is to slowly 'drip' the abuse into the relationship; the victim is then beyond the point of walking away easily.

It is important for people to recognise the early warning signs of this type of abuse and for those who have been in this types of relationships in the past to have strategies in place so that they do not make the same choices again.

Research suggests that somebody who has experienced an abusive relationship is more likely to enter that type of relationship again. Any kind of abuse is all about control; it is helpful to be able to spot the signs early.

This is a testimonial from one of the members of the group:

I was completely isolated, scared and lost before I saw the telegraph post about the group. As though I was going crazy, the first meeting I went to I was nervous. Actually just plucking the courage up to text was a big deal for me.

I do not regret going. When I arrived, I arrived thinking I was everything my ex had made me out to be. I thought I would walk away from the group feeling just as lost. However I didn't.

Going to the backlash group made me feel 50 ton lighter. I feel supported and validated. Getting the validation that what happened was real, it wasn't right and it was not my fault, and I certainly was not losing my mind.

My life has changed and my outlook on what happened changed. With the support on offer I'm not in a world where I feel alone with it anymore.

**Professional support is available locally, through
Women's Aid (01472 575757).**