

At home, do you feel like:

You're walking
on egg shells?

You jump at
every little
sound?

You're waiting for
an explosion?

You and your partner
fight, make up
and then things are
good. Then do it all
over again.

You're too
scared to say
no?

You have to ask
permission to do
anything or spend
money?

Wonder what
the neighbours
think?

If you answered "Yes" to one or more of these questions, please talk to us about how we can help you.