

# Warning Signs Of Control

- ★ Your thoughts, feelings, opinions are not taken seriously or into account.
- ★ You feel tied down; have to check in if you go anywhere.
- ★ You feel tired or drained all the time; feels like there is never enough time to do what you have to.
- ★ Loss of joy and vision; you are happy until controlling person comes around.
- ★ You are isolated from friends and family; cannot take part in community events.
- ★ You feel inadequate or insecure when trying new things.
- ★ You feel obligated to spend all your time with that person.
- ★ You get confused as to how you are supposed to act, or what you are supposed to say after the controlling person says something.
- ★ If you do have a good time, you don't want to share it, because you know he/she will just try to 'ruin' that moment.
- ★ Pulled between your opinion and the controller's opinions.
- ★ You lose human dignity-you lose the desire to impress people or do good.
- ★ You are not given a choice as to how you behave, how you dress, etc.
- ★ They can praise you one minute then 'rip' you apart the next.
- ★ You are afraid to talk or look at other people when they are around.
- ★ You are afraid to 'break up' with that person.
- ★ You are afraid to make decisions for yourself for fears of the controller's reactions or anger.
- ★ You start to 'check in' with the controller before you do anything.