

Are you suffering invisible violence?

"YOU AREN'T WORTHY"

He cancels you

"WHERE HAVE YOU BEEN?"

He controls you

**HE DISPISES YOU
HE PUNISHES YOU BY IGNORING
YOU**

**"If you leave me, I'm going to take away the
kids from you"**

**IF YOU DON'T ANSWER I'M GOING
TO CUT MY WRIST"**

**"Everything is your fault"
"YOU PISS ME OFF"**

**" You should be more
greatful"**

"CRAZY, YOU ARE INSANE"

He humiliates you
He devaluates you

WHAT IS THE INVISIBLE VIOLENCE?

It's a very subtle and confusing violence that your couple exercise and transforms you into a nervous person and full of fears.

There are situations very difficult to explain because in this type of abuse you are being manipulated and it wears out your self esteem and your confidence.

Do you feel identified?

Does anybody around you going through this and you don't know how to help?

AMASOL offers free and confidential social and psychological counseling.

Call us: 976 439 714/651 398 752

Write to us: amasol@amasol.es

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#Tunolavesperoyolasufro



DECLARADA DE UTILIDAD PÚBLICA
FAMILIAS MONOPARENTALES

