

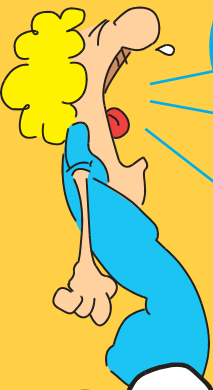
WHAT IS THE DIFFERENCE BETWEEN ARGUMENTS AND DOMESTIC VIOLENCE?



All couples can have arguments. Some argue every week and for some couples it may be once a year. An argument is one way that people express unhappiness, a disagreement or anger. People even argue in different ways. You don't have to be angry to argue.



But some people start or use an argument to be abusive and controlling, creating fear and sometimes hitting out or destroying things to get their way. This is likely to be domestic violence.



I'm sorry, I wasn't thinking how you might feel.

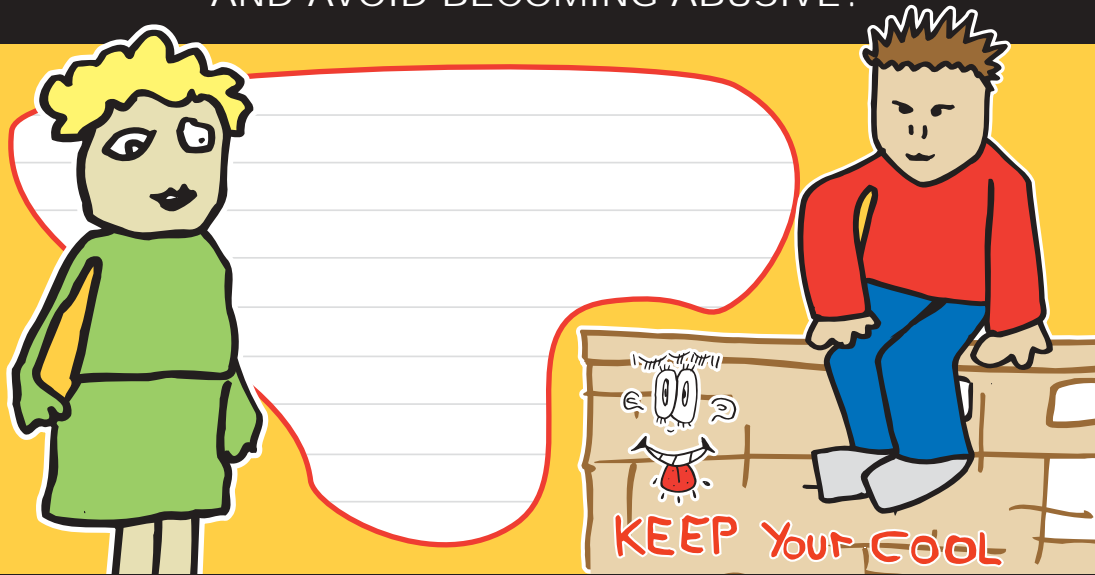
It's OK to disagree with each other and have different opinions and feelings. A fair argument is where each person feels they have been given the space to say what they want to say, and have listened to their partner without anyone having fear of or actual physical and emotional scars.



WHAT WAYS CAN AN ARGUMENT TURN ABUSIVE?



WHAT WAYS CAN AN ARGUMENT BE FAIR AND AVOID BECOMING ABUSIVE?



Listening to your partner's ideas, opinions and feelings, even if you don't agree, shows respect.