

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.

1 NOTICE THE PATTERN

Spot escalation.



Recognise stress

Money, exhaustion and change.



Pause arguments

Agree to return when calmer.



Watch for fear

Threats and control are not normal conflict.



Name the issue

Focus on one problem.

2 TALK MORE SAFELY

Respect both voices.



Use I statements

Explain feelings and needs.



Listen fully

Do not interrupt or mock.



Avoid blame

Discuss behaviour, not character.



Take a break

Return at an agreed time.

3 WORK ON THE ISSUE

Practical cooperation.



Choose one change

Make it specific and realistic.



Discuss money

Use facts, not accusations.



Share responsibilities

Agree on fair tasks.



Seek counselling

When safe and appropriate.

4 SAFETY COMES FIRST

Abuse needs a different response.



Know warning signs

Threats, coercion or violence.



Seek specialist help

Contact local domestic abuse services.



Protect children

Do not expose them to danger.



Plan privately

If unsafe, seek confidential guidance.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

MARRIAGE UNDER PRESSURE — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1

IMPORTANT NOTE 1

Disagreements are different from abuse. Threats, coercive control, intimidation or violence require a safety-first approach, not simply better communication.

2

IMPORTANT NOTE 2

Couples counselling may be inappropriate when abuse or coercive control is present. Seek specialist domestic abuse advice privately and safely.

3

IMPORTANT NOTE 3

If an argument is escalating, take a pause when safe. Avoid blocking exits, intimidation or pressuring the other person to continue.

4

IMPORTANT NOTE 4

If anyone is in immediate danger, call local emergency services. If devices may be monitored, use a safe way to contact support.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

[who.int/news-room/fact-sheets/detail/violence-against-women](https://www.who.int/news-room/fact-sheets/detail/violence-against-women)

thehotline.org

refuge.org.uk