



Changing behaviour to avoid abuse

I had to change my behaviour in lots of way to avoid abuse (physical and mental) but it still happened regardless. I wasn't allowed to disagree or speak out if i wasn't happy with something.

My best way of getting my point across would be to text whilst he was at work then i didn't have to deal with his wrath straight away,always hoping he would have calmed down by the time i saw him,then he would blame me for "starting" while he was at work (he drove a lorry by himself so i wasn't getting him in trouble or anything)

I was just to scared to confront him directly which speaks volumes in its self.So he was blaming me for the abuse because i dared to challenge him even if it was indirectly.

He was my second abusive relationship,was with a narcissist for 6years and i didn't want to go down the same path as i did with him so tried my hardest to be strong but he was more calculating than the narc,have now got a restraining order in place which he's breached once already.

Sorry have gone off a bit on a tangent but i hope ive given you an example of victim blaming. I follow you on twitter,keep up the good work!

We do **NOT** give permission for posts published as [personal experiences](#) to be reproduced, translated or otherwise published elsewhere. We will not contact people who submit their personal experiences on behalf of journalists, bloggers or other third sector organisations. These testimonies remain the intellectual copyright of their authors and must be treated with the ethical guidelines used by academics for research involving human subjects. Our full guidelines can be read [here](#).