



**“My partner never does anything right. I get so frustrated and always end up screaming at them.”**

**THIS IS VERBAL ABUSE  
AND IT IS FAMILY VIOLENCE.**

If your behaviour is affecting your relationship, take positive action. Help and support is available.



Visit [www.safefromviolence.tas.gov.au](http://www.safefromviolence.tas.gov.au)  
for more information.