

# STEPS TO GET OUT OF A CONTROLLING RELATIONSHIP



## ■ **Spot the Red Flag**

Tracking your every move, isolating you from friends, or making you feel guilty is not love, it's control.

## ■ **Tell Someone You Trust**

Talk to a friend, parent, coach, or counselor  
Use code words if you need to stay discreet.

## ■ **Make a Safety Plan**

Know safe places to go  
Pack essentials like ID, cash, phone charger, and write down emergency contacts.

## ■ **Save the Receipts**

Keep texts, DMs, photos of injuries, or a private journal  
It's not drama — it's your backup.

## ■ **Create Distance**

Start pulling away  
Change your passwords  
Unlink your location  
Don't confront them until you're safe.

## ■ **Get Legal Help If Needed**

Call 911 if you feel threatened  
You can also look into a restraining or no-contact order.

## ■ **Block & Move On**

Block them on everything  
Tell your school or job if they might show up  
Protect your peace.

## ■ **Find Your People**

Support groups and counselors can help you heal  
You're not alone, and there's real strength in speaking up.

## ■ **Reclaim Your Power**

Leaving is hard, but you've got this  
Set new goals  
Rediscover your vibe  
Build the life you want.

**YOUR SAFETY COMES FIRST.  
YOU ARE STRONG, WORTHY, AND NEVER ALONE.**