



“MY PARTNER SAYS SHE’S  
SCARED OF ME. **BUT** SHE’S  
ALWAYS OVER-REACTING”

NO **IFS**. NO **BUTS**. NO EXCUSES.

# DON'T BECOME **THAT** MAN

If you're concerned about your own controlling or escalating violent behaviour, reach out today.

HELP LINE: 1300 24 34 13 | [dontbecomethatman.org.au](http://dontbecomethatman.org.au)

Community  
Transitions

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**THAT** MAN

