**Daisy case study – domestic abuse and violence**

Daisy\* was physically and emotionally abused by her partner. His controlling and abuse behaviour lead her to have suicidal thoughts.

“It was just like a normal relationship when it's exciting to be in at the start and you meet and you're getting to know somebody.

“It was fun to begin with. But it changed within a month, I would say, but I didn't know that it was changing at the time

“He started shouting at me for not answering my phone when I was in work. I might have been in a meeting, or I might have left my phone at the desk. I went to the toilet, and he would be shouting at me over the phone.

“And then the next thing my phone would blow with numerous messages, phone calls and then he blocked my phone. He would block my phone number so I couldn't get in contact with him.

“It was a bit weird, so I just brushed it off as he's just in a mood, but I didn't realise at the time, he was showing his true colours.

“Throughout the entire relationship, I thought that his behaviour was my fault. It would always just be me saying, sorry it is my fault.

“I’d tell him maybe I should be a better girlfriend. Maybe I should be treating him better. Maybe I should look after him more.

“But because I was quite independent, especially at the beginning, I was like, well, no, I don't need to be around you all the time. I don't need to be doing things for you all the time. I'm going to go out with my friends, I'm going to go shopping with my sister, I'm going to do all those things. But he didn't like it.

 “So, he ended up cutting me away from everyone and stripping me down to somebody that I didn't even recognise in the mirror anymore.

The abuse gradually became physical and Daisy felt like she had nowhere to turn.

“There was another time where he'd put his hands over my eyes so that I couldn't see when I was driving. I ended up slamming my brakes, not knowing if there's a car behind me, but he wouldn't care.

“He would just do it as like a scare tactic and he'd pull the back of my hair and hit me on the back of my head whilst driving because he couldn't do anything else to me while I was driving.

“He used to physically beat me black and blue in the car. He was calling me nasty names and stuff.

“I ended up with a black and bloodshot eye. He ripped my hair out. He ripped one of my earrings out.

“It was it was really, really bad. All the inside of my lip was all bruised and swollen.

“But at that point in time, I remember thinking, I'm not even scared anymore. I just need to try and survive.

 “I thought I was going to die that night because of the way he was beating me. He just wouldn't stop. It was just persistent. Then he'd stop for like a split second, and then he'd grab my hair again and start shaking it and yanking my hair. It was traumatic. Like, that was really scary.

“I genuinely thought I was going to die in that relationship. I ended up having like suicidal thoughts. I didn't know how to leave. And I thought, this is the only way out, and if I'm going to die, it's going to be on my own accord.

“It's not going to be because of him. I didn't want to end up missing my niece growing up, but I didn't want her to know or see that her auntie died because of the abusive relationship. That she thought that there was only one way out. It's not the only way out.

“And I ended up thinking, you're not going to die in this relationship. You're not going to do anything to yourself because you've got so much to live for.

“You've got your family to live for. You've got a career to look forward to, you've got so many things going for you. You've got your friends, your family.

“So, I snapped myself out eventually, but it was just the thought. But I'm glad that that didn't happen because I think I'm still here to tell the tale. And for him to get justice for what he did to me.

“I don't want anybody to ever suffer at his hands or anybody else's hands who couldn't do the same kind of thing.”