


Date/Time	<input type="checkbox"/>	Thread	Impact	Attachments
05/09/2019 11:00	41	 Communications	0	


I went to see a lawyer to get some advice about my situation with Y. He told me about getting a divorce, children's arrangements and finance. As far as Y's behaviour is concerned he said I ought to get him out of the house but I'm not ready for that. He suggested I should keep notes of what happens and keep what I write hidden away. If it gets bad again I should call the police.

Date/Time	<input type="checkbox"/>	Thread	Impact	Attachments
14/09/2019 05:30	42	 Controlling behaviours	3	

Y came in from work. Our 5 year old was playing in the kitchen as I was cooking dinner. Y went to the fridge to get a drink and started going through the weekly shop. He criticised what I had bought saying it was all expensive stuff and I was no good at budgeting. I said he had a good job and there was enough money. He exploded. He rummaged through the rubbish for the receipt and then went through it all whilst drinking his lager. Our daughter started to look very anxious and teary. I tried to make things alright and to calm Y down. That made it worse. He grabbed me by the throat and pushed me against the fridge. Our daughter screamed and that seemed to stop him. He rushed outside and drove off in his car. He returned an hour later and apologised. I don't have any marks from what he did but was very frightened when he had his hand round the front of my throat. Our daughter was anxious and quiet.

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15/09/2019 09:00	43	 Controlling behaviours	2	

Y told me that he was going to give me an allowance from now on for shopping as he couldn't trust me to be sensible. On a Friday morning he'd give me £100 for the shopping and when I needed to buy anything else I would have to ask him. I said it wasn't possible to get the weekly food shop for £100 and we'd not have half of what we needed but he said I was useless with money and needed to learn. I couldn't say anymore as I thought he was getting agitated.

Date/Time	□	Thread	Impact	Attachments
20/09/2019 07:00	44	 Controlling behaviours	2	

Y gave me £100 for the shopping. I'd already done a list of what we needed and said it would cost at least £150. Plus I needed to get the children some new shoes and other things. He looked really angry saying that I didn't have a clue about money, that he was the one who earned it and he would decide how much to spend.

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21/09/2019 06:30	45	 Controlling behaviours	3	

Y arrived back late and had been to the pub with 'a colleague'. He was spoiling for a fight from the moment he got in. He asked me for the shopping receipt. I said I'd not picked it up after paying but that I'd managed to do the shopping and had got everything. He looked in the fridge and seemed to think it was ok. I'd actually topped up the money I'd spent with my savings but he didn't realise. I didn't want another confrontation. Y spent the evening looking constantly at his phone and seemed to be texting someone. He didn't want me to see.

Date/Time	□	Thread	Impact	Attachments
26/09/2019 10:00	46	 Communications	3	

Met my friend B today for a coffee. It came out that her daughter had started to use a dating app and had seen Y's on the app. She had challenged her daughter saying it must be a different man but she had then seen the photos. It's definitely Y. He's saying he's separated and boasting about his job, car and earnings.

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28/09/2019 10:00	49	 Threats and violence	3	

Y gave me £100 this morning for the shopping. I reminded him about buying shoes etc for the children and he said to go online and show him what's needed over the weekend. He would then 'think about it' Y came back at 9pm. He'd been drinking and said he'd been out again with the 'same colleague' He asked about the shopping and said he wanted to see the receipt this time. I had topped up the money again. I told him what I'd done and said I knew he was on a dating app. He was livid. He hit me across the face and I fell on the floor. He was screaming that he'd 'kill me'. He said I was a 'fucking useless wife' and that no one would want me. He was kicking me on the floor and I could hear our eldest boy coming down the stairs and telling him to stop. He was calling the police. Y ran off having trodden on our son's mobile deliberately to break it. The police arrived and took a statement. Y was arrested and the police are holding him overnight. He's too drunk to be interviewed.