

You're over-reacting again?

You're memory is going. You remember nothing right.

You're crazy!

Does your child threaten, hurt or intimidate you?

Do you feel you are losing control?

Are you threatened by your child physically, verbally, psychologically, emotionally and/or financially?

You are not on your own.

Lots of parents are experiencing CPV Child to Parent Violence

"The verbal abuse is dreadful - how can she say such hurtful things to her Mother?"

"He's been demanding and difficult for years - but last night he raised his fist to me and I was really scared."

"I wouldn't give him money - so he punched me"

Are you feeling guilt or shame because this is happening to you?

Somehow, does your child persistently blame you for his or her problems and refuses to accept responsibility for their struggles and issues?

Does your child unfairly sling guilt at you or even make threats of self-harm or suicide?

Does your child constantly criticise you, bringing up how you seemingly treat their siblings better, have terrible spending habits, or criticizes your past choices, particularly around your addiction?

Crinan Project and **SAOL Project** are here to help.

Give us a call when it's safe to do so and we will help you plan your way out of this situation.