

■ Background

#	Date	Completed by	Impact	Record
306	30/09/2017 23:00	An Other	0	<p>I met CP on a dating app about a year ago. I'd had a few bad experiences before that and was delighted to meet someone who was successful, charming and funny. He was divorced and had children but seemed to have come out of that ok and was planning a future that sounded interesting and fun. We had lots of good times together when we first met and I started to think that we might have a future together. However recently things seem different (after I've started to talk about spending more time together) and I've begun to reflect more on what's happened, what he's told me and how's he's started to react to me. I'm questioning whether there's any point to this relationship and if I should end it. My questions are:- Is he lying to me? Why don't I meet his family? Why he keeps getting moody now? Why I'm often, according to him, getting things wrong about what he's said, which is making me question my sanity. Why I get stone walled when I question something and want an answer? - Impact 0</p>

Winnovative PDF Tools Demo

■ Emotional abuse

#	Date	Completed by	Impact	Record
307	21/10/2017 20:00	An Other	2	<p>Things had been going ok till today when I raised the issue of taking things more seriously. I suggested we could be together more and asked why I'd never met his children. CP firstly went quiet and said "just leave it will you" but I pressed on asking why. He rounded on me saying that he was too busy, that he had never said he wanted it to be serious and "what's wrong with just having fun". He made me feel stupid and became aggressive. I left the sitting room and started to wash up. He came in after 10 minutes and was conciliatory and I found myself apologising for being so unreasonable. He's got the knack of making me feel guilty for asking questions. - Impact 2</p>

Background

#	Date	Completed by	Impact	Record
308	24/10/2017 20:00	An Other	3	I met one of my girlfriends for a drink this evening and we got talking about men. After I told her a bit about what was happening with CP she said she hadn't intended to tell me, but she'd recently discovered that someone at work had gone out with CP about 5 years ago. (I understood CP to have been still married then) This woman called JB had been "swept off her feet by him" at first but it had got "really abusive". She'd been terribly affected by it all and had been off sick for weeks. I asked what had actually happened but she said she didn't know the details. I think she did though and just didn't want to tell me. I'm more concerned now. - Impact 3

Emotional abuse

#	Date	Completed by	Impact	Record
309	28/10/2017 20:00	An Other	2	I went out this afternoon with CP and asked him when he'd left his wife. He asked me why I wanted to know and I told him about the discussion with my friend and her saying about JB. He laughed and told me not to listen to gossip. He refused to answer any more questions and shut the discussion down. Once again I felt guilty and said sorry. I told him I just wanted to feel ok about us and that it wasn't pointless being with him. He said "well I'm here with you aren't I" as if that meant he was committed to me. This evening I rang my friend to tell her there must have been some misunderstanding with her work colleague because CP denied knowing or being involved with JB. My friend was really surprised and sounded sure she had her facts straight. Who to believe? - Impact 2

Winnovative PDF Tools Demo

Emotional abuse

#	Date	Completed by	Impact	Record
310	30/11/2017 22:00	An Other	1	My times with CP have been ok this month and we've had some enjoyable times going out to nice places, but I fear it's because I've kept quiet about my concerns and put my reservations to one side. I met my friend once in the month but didn't ask her anything and she didn't offer any information about JB. We were strangely distant with one another, tiptoeing round topics of conversation. - Impact 1

Emotional abuse

#	Date	Completed by	Impact	Record
311	13/12/2017 23:30	An Other	3	I went to the office Christmas party this evening. CP said he couldn't come with me as he'd got "something else to do". When I asked him what it was, he laughed and wouldn't tell me. It was as though he was trying to make me jealous. He constantly makes rude remarks about the people I work with and was disparaging about what the party would be like saying "a lot of naff people will be there". My friend was there as she's married to the office manager R. Late in the evening CP was mentioned and R told me they were "certain" CP went out with JB. R told me that CP had driven JB crazy to the point she nearly committed suicide. He'd been "gaslighting her". This was an expression I'd never

#	Date	Completed by	Impact	Record
				heard of before. R explained it and said CP had started to do the same to me. He said "Get out while you can". I've come home and gone online to read about gaslighting. The penny has dropped. He's started on me. - Impact 3

Emotional abuse

#	Date	Completed by	Impact	Record
312	15/12/2017 18:30	An Other	3	I rang and spoke with JB. R had given me her number and got her agreement to talk to me. We spoke at length. She had been in a very intense relationship with CP for over 20 months. He was married and living at home then, though JB hadn't known. He'd been lying to her repeatedly, being charming and critical in equal measure, and denying things she knew to be true making her feel like she was going mad. Later she'd discovered he'd been involved with other women too during that time. She described a situation I was facing now. She was telling me not to trust anything he said and not to fall for the charm he will use when he is confronted. She described him as "an accomplished user" - Impact 3

? Gaslighting

#	Date	Completed by	Impact	Record
313	17/12/2017 16:00	An Other	0	I met CP for lunch today, having decided to end our relationship. I told him that I'd spoken with JB and that I'd decided to call it a day. He asked me what I was talking about and said I was going mad. It was a "pack of lies". It wasn't him. I left without engaging in a debate. I know though that if I hadn't read about gaslighting I'd probably have convinced myself it was all a misunderstanding and the charm would have worked again. - Impact 0

Winnovative PDF Tools Demo