**14 things about love**

Hi, my name is ......... and here are 14 things about love

* Love is respectful.
* Love is kind.
* Love is not controlling.
* Love isn’t spiteful.
* Love doesn’t disregard my feelings.
* Love is not impatient.
* Love is not aggressive.
* Love doesn’t manipulate.
* Love is trusting.
* Love is caring.
* Love is non-judgmental.
* Love has no fear.
* Love is not abusive.

**And finally**

**Love doesn’t hurt.**

There are specialist support helplines listed on the online signposting directory domesticviolenceuk.org.

You can also find more information on the website thiuk.org.

**Inspire hope, be a voice, speak out against domestic abuse.**