



**Domestic abuse can happen to anyone.**

**Look, listen, ask, ask again...**

**thisisnotanexcuse.org**

Domestic Abuse Freefone Support Line (DAFFS) 0800 6949 999



AVON &  
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COMMISSIONER

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# Mr & Mr



*Do you promise to...*

**Love**

**Shame**

**Scare**

**Hurt**

**Control**

*From this day forward...*



**PRINT**

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*Please join us to celebrate 25 years of...*

**Love**

**Blame**

**Humiliation**

**Abuse**

**Control**

*For now and always...*

~~NOT~~

~~PRINT~~



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My darling,  
\* \* \* \* \*

As we enter the New Year together,  
let's resolve to appreciate the...

Love  
Abuse  
Hurt  
Control

~~Love~~  
~~Abuse~~  
~~Hurt~~  
~~Control~~

Let's share and watch it grow even deeper.  
Happy New Year my love. xxx

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