



LOVE CREEP

It feels like love... until it doesn't

LoveBetter × nest consulting



Class Kirimana



Manaakitanga
Kotahitanga
Whanaungatanga





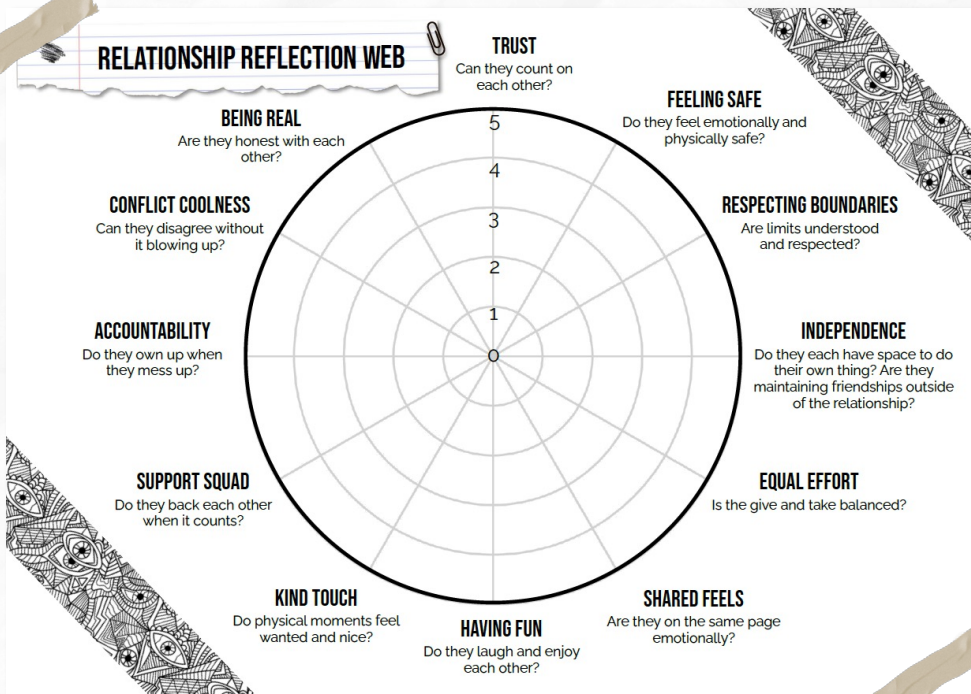
Healthy
Relationship



Unhealthy
Relationship

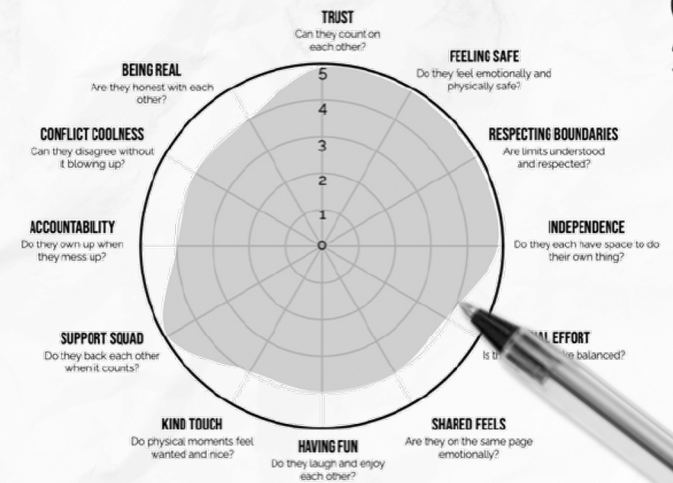
Abusive
Relationship





Rank on a
score of 0 - 5

Join up your scores



Coercive Control

A pattern of behaviours used to dominate, isolate or control someone.



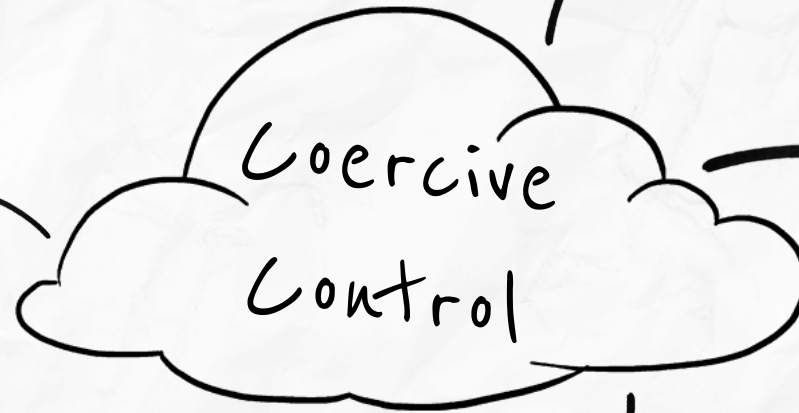


It happens
over time

It's about
patterns



It can be
invisible



Power
Dynamics

It can feel
like love



Hey Diary... It's Parker

Kai asked me if I
wanted to go out!
Of course, I said yes...
I can't believe I'm in
a relationship!





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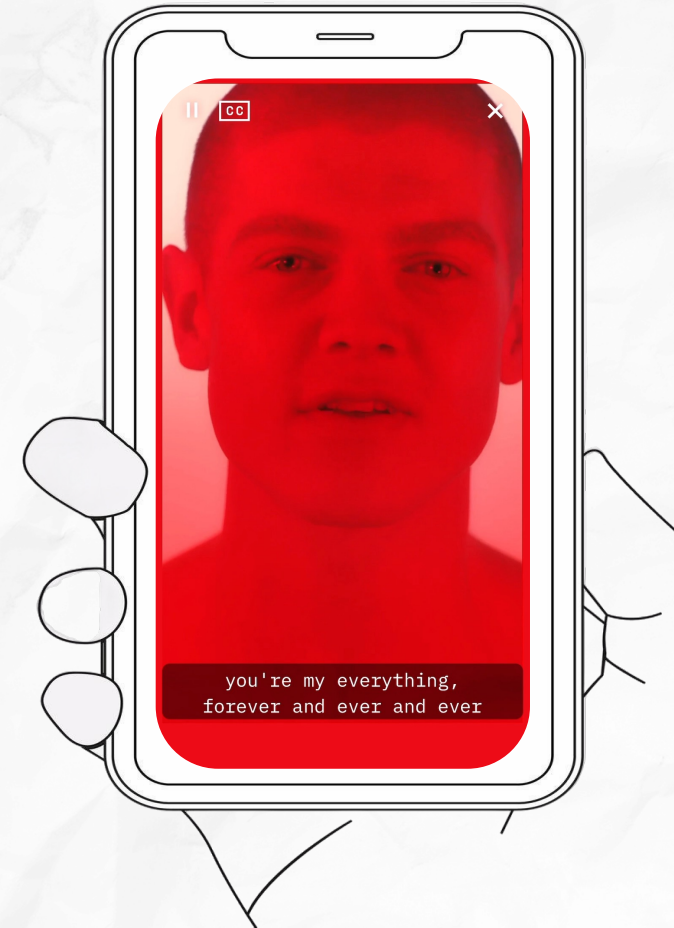
Manaakitanga
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Hey Diary... It's Parker



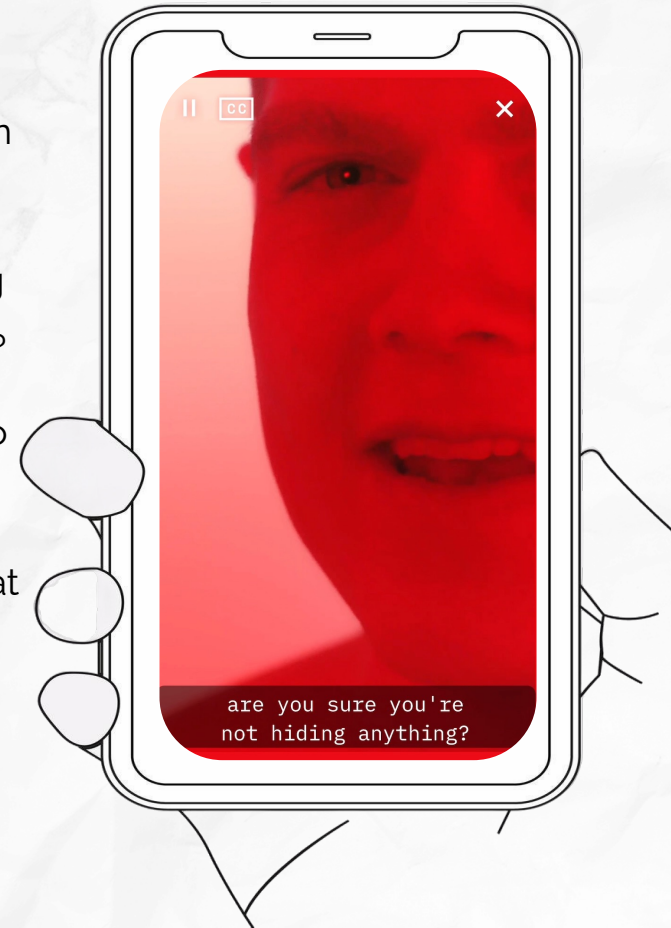
1. This is Parker's first relationship – why might they be excited? Do you think there are some red flags that Parker isn't seeing and why?
2. What are some early signs that something might not feel quite right, even if it seems romantic? What is love-bombing? Do you think it applies here?
3. What might be going on beneath the surface when Kai says, 'Not everyone understands us'? How could that influence Parker's thinking?
4. From Kai's perspective, what might be motivating their behaviour?
5. How can we tell the difference between intensity and genuine care?



Hey Diary... It's Parker



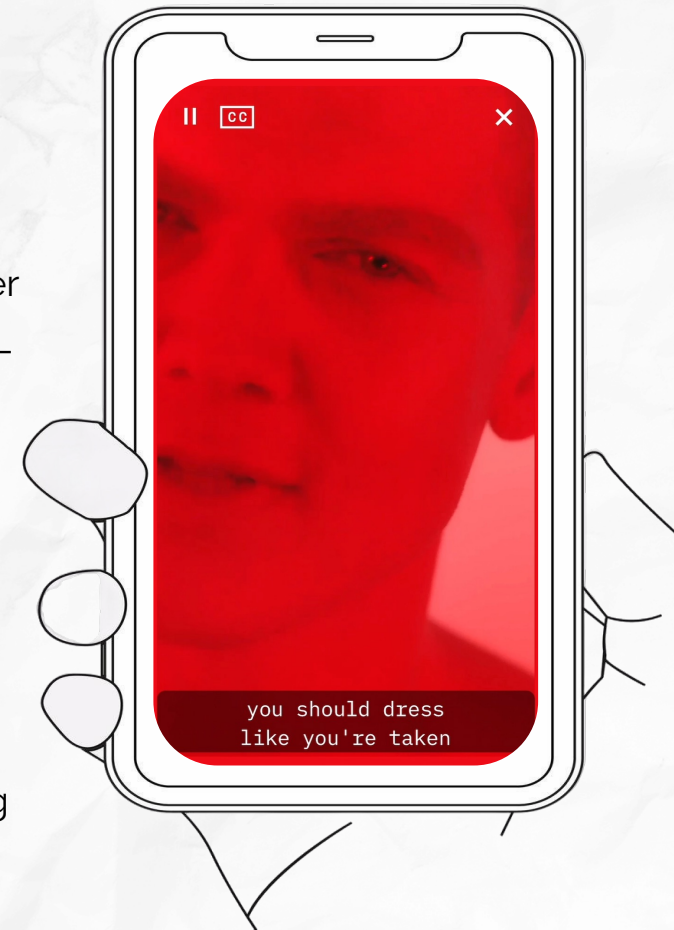
1. What might make Parker dismiss their gut feeling, even though something about the situation felt off?
2. How can "protectiveness" cross the line into controlling behaviour? What signs of control are showing up here?
3. Why might someone like Kai use past hurt or trauma to justify controlling behaviour? Does that make it okay?
4. These kinds of behaviours can escalate over time. What might this pattern look like if it continues?
5. What things might make Parker think this behaviour is okay — from Kai, their own thoughts, or what they see around them?



Hey Diary... It's Parker



1. Why might Parker be questioning themselves instead of the relationship?
2. What do Kai's reactions — like getting cold when Parker didn't show affection or commenting on their clothes — tell us about the power balance in this relationship?
3. Why do you think Kai's comment — "You used to like me more" — might be hard for Parker to respond to?
4. How do small moments of control or criticism affect someone over time in a relationship?
5. Why might Parker be ignoring the pattern and focusing on how much they still like Kai?



Hey Diary... It's Parker

1. Why might Parker be starting to feel like they're the one always doing something wrong — even when they're not?
2. How does asking for social media passwords or constant texting link to control and trust?
3. What does it say about the relationship when Parker feels like they're making excuses to others or hiding parts of what's happening?
4. Why might Kai be trying to turn Parker against their whānau or friends? What's the impact of that?
5. How can someone tell when a relationship has shifted from intense to unhealthy?



Hey Diary... It's Parker

1. How do guilt and emotional pressure show up in this diary entry? How do they keep Parker stuck?
2. Why is it so hard for Parker to reach out or ask for help, even when they know something feels wrong?
3. What role does isolation play in this relationship now — and how does it affect Parker's ability to make decisions?
4. When Parker says they miss the person they used to be, what does that tell us about the impact this relationship has had on them?
5. If someone using controlling behaviour — like Kai — started to realise they were hurting their partner, what would they need to do to take responsibility and get help?



Dear Diary,

I don't know what's going on with Parker. We used to hang out all the time - they were literally the person who'd send memes at 2am and talk me out of stupid panic spirals before tests. But now it's like they're just... disappearing. They've bailed on our last three group hangs. And when they do reply, it's short or kind of careful, like they're scared they'll say the wrong thing. The weird part? Ever since they started dating Kai, things changed.

At first I thought they were just in the honeymoon phase. But now it feels more like Kai is always around - even when they're not physically there. Parker used to wear whatever they wanted, speak their mind, have a laugh. Now they second-guess everything.

I want to say something, but I don't want to make it worse. I just miss them. I want to help, but I don't know how.





Safety Network

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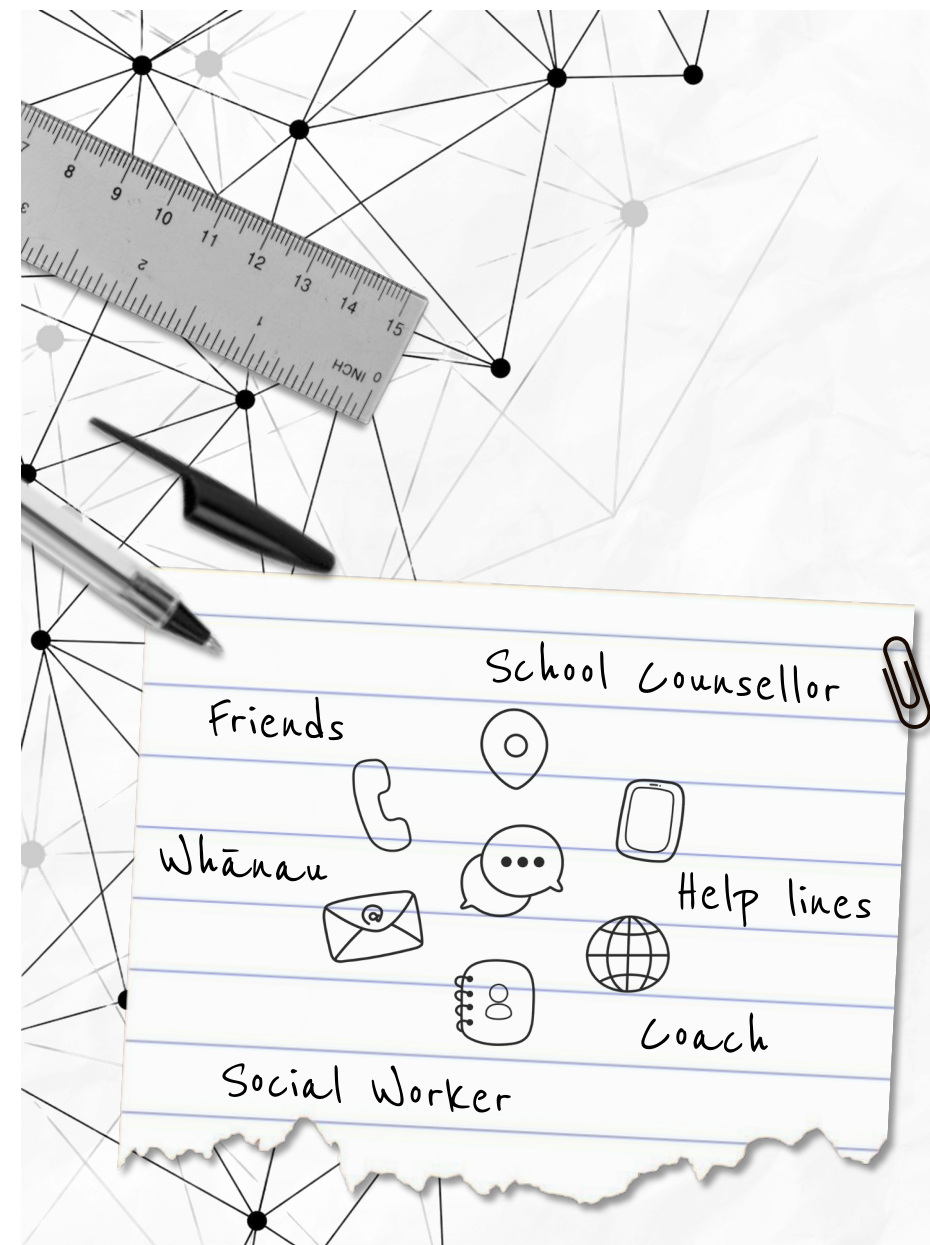
- 0800 What's Up: 0800 942 8787
- Youthline: Txt 234 or Call: 0800 376 633
- Safe to Talk: Txt 4334 or Call: 0800 044 334
- Need to Talk? Txt or Call 1737

Find out more about Coercive Control

www.lovecreep.nz

Find out more about Healthy Relationships

www.lovebetter.org.nz





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