

Pressure statements

| Statement | Beware this type of statement because... | My suggested responses to this statement | What would a person say if they were just talking/ reassuring – not trying to manipulate their partner? |
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| “If you loved me you would” | <i>This is a ‘trap’ statement, even if you love them it doesn’t mean you have to have sex with them.</i> | | |
| “Everybody else is doing it” | <i>‘Generalisations’ are intended to isolate the other person and make them feel that they must be wrong.</i> | | |
| “Don’t you fancy me or something?” | <i>This is a ‘trap’ question – if you say ‘yes’ you must be happy with doing it, if you say ‘no’ then you are saying you don’t fancy them.’</i> | | |
| “What are you? Frigid?” | <i>Questioning or insulting someone’s sexuality, personality etc. is a way to pressure them in to behaving how they want you to.</i> | | |
| “What are you so worried about? It’ll be fine; I love you” | <i>This is dismissing the other person’s valid concerns/feelings and adding in the false reassurance of “I love you” to negate those feelings.</i> | | |
| “Go on have another drink, it will get you in the mood” | <i>This is encouraging someone to get drunk to lower their inhibitions and be more likely to have sex.</i> | | |
| “If you won’t, I’ll find somebody who will” | <i>This statement is blackmail. Anyone who makes statements like this does not love the person in the situation.</i> | | |