

Case No. 3

A Female College Student Troubled with a Possessive and Jealous Boyfriend

Miss Takayama, 20, had been dating with a boy in the same class for a year when she came for advice. Having felt too much control from her boyfriend, she decided to break up with him.

Growing Possessiveness

Miss Takayama's boyfriend didn't resort to violence much, but he was extremely controlling. He sent an email every hour, and if she didn't respond within 10 minutes, he sent obsessive mails such as "What are you doing, meeting a guy?" "I'm going to call your friends one by one and find out where you are." Gradually, it became worse. When he saw Miss Takayama talking with other male students, he threatened her by email, saying that he would make her pay for this.

She was afraid that at the mention of 'breaking up', he would spread an ugly rumor about her. Since no harm was done yet, she couldn't ask the police for help. And she never wanted her parents involved. So she kept seeing him. Although she was scared of him, she couldn't help but be indecisive, especially when he apologized to her, showing his soft side.

Learning from Experience

Kakekomidera made it clear what Miss Takayama wanted most. She said she'd had enough and wanted to break up with him. Her mind seemed to be fixed, so we told her to bring her mother, her boyfriend and his mother to have a talk.

Miss Takayama texted her boyfriend that she wanted to end their relationship. Just as expected, he said he was sorry and begged for another chance. Having been helping Kakekomidera as a volunteer staff member, Miss Takayama told him to come and see her at Kakekomidera office and discuss what to do.

One month later, the four gathered. Again, Miss Takayama stated that she

couldn't stand him any more. When asked what he wanted to do, the boyfriend said he didn't care about breaking up. The young tend to make a quick decision once they accept the fact. We made sure he understood that he could face a criminal charge when he kept bothering her even after this meeting.

As for Miss Takayama, we advised her to change her email address, never respond to his call, and let her friends know that they have parted ways.

It is very important to announce the end of their relationship to others.

Getting Away from Apology Prone Behavior

Miss Takayama has been too scared to take actions. However, she was also to blame for having aggravated the situation. She used to text him "sorry" when she couldn't reply within 10minutes. He reasoned that she apologized because she cared about him. Thus her apology prone attitude triggered his control over her.

We advised Miss Takayama that she should fight back when any man threatens her personal freedom or takes domineering attitude toward her. A man generally tries to avoid uncomfortable situations and changes his attitude.

We just hope that the two learnt a lesson from this case and would be able to develop better relationship with their future partner.

Tips from Gen

The best way to settle this kind of problem is to help the young couple build a fifty-fifty relationship like grown-ups. However, it would be too cruel to just say "It's YOU who are making him behave like this. You need to take definite attitude towards him." If it really is that simple, nobody would have trouble ending a relationship.

We can help women by removing the direct causes of domestic violence. Then, we will tell them not to show an indecisive attitude which could make the situation worse, and let them know that there are ways to escape from domestic violence.