Spiralling

1. Why is Lucy with Nathan?
2. Does Nathan do or say anything to control, frighten, hurt or manipulate Lucy early in the film?
3. What is the difference between controlling and manipulation and having a healthy argument?
4. What warning signs were there to indicate Lucy was being abused?
5. What stops people from asking for help? Why might someone who is being abused find it difficult to leave an abusive partner or take action to protect       themselves?  Think about practical and emotional consequences of leaving or taking action.
6. What can someone do (family members or friends) to help someone who is being abused?
7. Where can someone who is being abused turn for help?
8. Were you surprised by any of the statistics at the end of the film?