

Did Jason Trawick Abuse Britney Spears?

Britney Spears is lashing back at the multiple sources spreading the rumor that she was physically abused by her boyfriend, Jason Trawick. The rumor stemmed from Spears' ex-husband, Jason Alexander. According to [People](#), the 29-year-old pop sensation is strongly appalled by this piece of news. She doesn't seem to be letting it get to her, though, because she is "off on a romantic weekend with Jason for my birthday. xoxo Brit," the star said via Twitter.

How can you tell if your partner is emotionally abusive?

Cupid's Advice:

Although Britney Spears maintains that she's not in an emotionally or physically abusive relationship, many people aren't so lucky. In fact, some of them don't even know it.

Cupid has some ways to tell if you're in an emotionally abusive relationship:

1. They never take the blame: There's one thing all abusers have in common: they always play the victim. No matter what happens, an abusive partner will never take blame for anything that goes wrong in the relationship. If you find problems constantly being *your fault* in the relationship, maybe it's time you looked into a more healthy romance.

2. They always take control: An emotionally abusive partner lusts for control. He may be kind, loving, and well-respected to the common eye, but behind closed doors he's constantly judging your every move. Get out while you still can.

3. They constantly isolate you: Your partner wants you all to

himself. It may even mean saying goodbye to family, friends, and co-workers because your abusive mate will eventually demand all of your free time.