* You asked for it
* I had a bad childhood
* I was only joking/messing around
* I lost control or I saw red
* I was abused as a child
* You caused this
* I don’t know any better, I lived in an abusive household
* I know what’s best for you
* I don’t know what I was doing
* You needed it
* You wouldn’t shut up
* You wound me up
* You’re the one who’s abusive
* Your too sensitive
* You said you wouldn’t do that anymore
* You embarrassed me in front of my friends/family/work colleagues
* I’m stressed
* It’s your insecurities that make you paranoid
* It’s because of your abusive childhood
* Who me?
* But I love you
* I was drunk
* I was provoked
* It’s that time of the month
* It’s for your own good
* What do you expect, when you are like that
* You dress like a whore/slag/slut/dick, you deserve it
* I’ve got to look after number one
* If I’m not happy no one else will be
* I was in a bad mood
* It’s the OCD or PTSD
* It’s not your fault, you’re not listening
* You started it
* You looked at me
* You pissed me off
* You were flirting
* You know I don’t eat that
* You don’t think about me or the children
* You’re not seeing it from my point of view
* You are useless, ugly, weak, fat, skinny, boring, thick, mad
* You are mental you need to see the doctor
* If I can’t have you no one else will
* If you didn’t like it you would leave
* You don’t do as your told
* Your causing an argument
* Your confused
* You’re a pathetic excuse for a man/woman