



Focus on Emotional Abuse

Emotional abuse is a way of hurting someone without necessarily being physical. It's when one person in a relationship tries to control the other person's feelings or thoughts in order to gain power over them.

I am evaluating my relationship with: _____

Some examples of emotional abuse (also called mental, verbal or psychological abuse) are listed below. Check any that you have done to this person, or that this person has done to you.

- | | I have done
to this person | This person
has done to me |
|---|---------------------------------------|---------------------------------------|
| ▶ Put-downs; Calling names, telling them they're stupid or ugly, telling them they're not good enough or no one could ever love them | | |
| ▶ Frequently cursing or yelling at the other person | | |
| ▶ Threatening or intimidating - making the other person feel nervous or scared for themselves or someone they care about | | |
| ▶ Frequently criticizing or correcting the other person - the way they look, talk, act, etc. | | |
| ▶ Lying or cheating | | |
| ▶ Playing mind games or making the other person think they're crazy | | |
| ▶ Putting responsibility for your behavior on the other person | | |
| ▶ Making fun of or putting down the other person's family, culture, religion, race or heritage | | |
| ▶ Embarrassing or humiliating the other person, especially in front of other people | | |
| ▶ Withholding affection as punishment - not giving them love if they don't do what you want them to do | | |
| ▶ Controlling behavior - telling the other person what to do, what to wear, who to hang out with, etc. | | |
| ▶ Making all the decisions in the relationship and ignoring the other person's feelings | | |
| ▶ Guilt trips - trying to make the other person feel guilty when you don't get your way, especially by threatening to hurt yourself or commit suicide | | |
| ▶ Keeping the other person from spending time with their friends or family members, or from work or other activities that are important to him/her | | |
| ▶ Using the children to get the other person to do what you want | | |
| ▶ Being extremely jealous, and using jealousy to justify controlling behavior | | |
| ▶ Threatening to break up with the other person if you don't get your way | | |
| ▶ Saying you don't love the other person just to get him/her to do what you want | | |
| ▶ Accusing the other person of cheating on you as a way of manipulating him/her to do what you want | | |
| ▶ Keeping constant tabs on a person, expecting to know his/her every move | | |

Here are some examples of emotional abuse I have experienced in my life (not necessarily from the person above):



CHECKPOINT: Am I being emotionally abused by my partner? ___ Yes ___ No
 Have I been emotionally abused in the past? ___ Yes ___ No
 Am I being emotionally abusive to my partner? ___ Yes ___ No
 Have I been emotionally abusive in the past? ___ Yes ___ No