

Emotional Abuse Checklist

The following list represent common signs of emotional abuse:

- They are jealous of your friends, family, or even pets.
- They are often critical of every opinion or action of yours
- They call you stupid or crazy if you disagree with them.
- They cause you to question your longtime friendships.
- Being with them and your friends at the same time makes you feel uneasy.
- They claim to know the right way to do things, and that you don't know what is right.
- They demand detailed reports of your hourly activities.
- They force you to do things that are against your religious or moral values.
- They give you the silent treatment.
- They groan, complain, or ridicule you, when you cry, worry, or ask for emotional support.
- They ignore you or roll their eyes when you begin a conversation.
- They indulge you with affection and special care after being put down.
- They make conditional agreements and then keep changing the conditions to avoid fulfilling the agreement.
- They make light of your success and discourage your plans.
- They make you feel worthless.
- They often become angry or upset, just before, or during a social event you've looked forward to, which dampens your enthusiasm?
- They often go into fits of rage and anger.

Get **Abuse Recovery Bundle** by visiting: <https://payhip.com/b/wxbL6>

- They often humiliate you through inappropriate gestures, comments, or “jokes”.
- They often interrupt your work or other things that are important to you, to get their needs met.
- They often lie to avoid responsibility.
- They often minimize or discard your point of view.
- They often threaten to leave you when you have arguments.
- They often use shame or guilt to manipulate your behavior.
- They put the blame for their own mistakes on you.
- They refuse to acknowledge or discount your feelings.
- They ridicule or insult people like you (e.g. people with the same profession, body type, etc.).
- They threaten of physical or sexual abuse.
- They threaten to make public the things you have said or done in private moments.
- They use a hostile or sarcastic tone of voice with you.
- They withhold financial resources.
- You feel afraid that no one would like you if they knew the real you.
- You have fewer contacts and activities with friends and family than before you began the relationship.
- You often speak carefully, or avoid speaking, so you won't risk upsetting them.

Notes:
