

Emotional Abuse Recovery Worksheets

1. Reflect on the specific words, actions, or behaviors that have caused you emotional pain and distress. What forms of emotional abuse have you experienced, and how have these experiences affected your sense of self-worth and well-being?

2. Consider the ways in which the effects of emotional abuse manifest in your thoughts and beliefs about yourself. How has the abusive treatment influenced your self-perception, inner dialogue, and overall mental health?

3. Explore the emotional and psychological patterns that may have developed as a result of the emotional abuse. What coping mechanisms or defense mechanisms have you utilized to navigate the impact of past mistreatment?

4. Write about the relationships in your life that have been influenced by the experience of emotional abuse. How has this form of mistreatment affected your ability to trust others, form healthy connections, and set boundaries in interpersonal dynamics?

5. Consider the ways in which emotional abuse has shaped your understanding of love, respect, and support in relationships. How do you envision redefining these concepts in the context of healing and recovery?
