

## **Allison's Emotional Abuse Checklist**

Emotional abuse is not always obvious to others or to the person being abused. It's natural to try to justify your partner's unacceptable behaviors when you love him and you really want the relationship to work. This is the type of scenario in which emotional abuse can thrive if it goes unrecognized.

If you feel you may be emotionally abused by your partner, take a moment to read the following descriptions and see if they sound familiar...

### **An emotionally abusive partner will try to:**

#### **Alienate you by...**

- Getting angry when you talk on the phone.
- Sabotaging your efforts to socialize with friends.
- Refusing to accompany you to social events and trying to make you feel guilty if you go without him.
- Being overly critical of your friends and family members.
- Giving you the silent treatment with no explanation.

#### **Control you by...**

- Making important financial decisions without your input.
- Expecting you to account for any money you spend and criticizing your spending decisions.
- Insisting that your home be perfectly clean at all times.
- Opening your mail or looking through your purse for no reason.
- Insisting you have sex with him even when you're not in the mood.

#### **Humiliate you by...**

- Criticizing you in front of family, friends or co-workers.
- Ridiculing you alone or in public, and later claiming it was just a joke.
- Making cutting remarks about how you look or dress.
- Insulting your values and beliefs.
- Belittling activities and interests that are important to you.

#### **Confuse you by...**

- Switching from cruel to loving and back on a regular basis.
- Re-creating the facts when you approach him about his behavior.
- Apologizing profusely and sincerely after mistreating you.
- Telling you he adores you and would never hurt you.
- Blaming you for the problems in your relationship.
- Promising to make changes but not following through for any length of time.

### **You might be feeling:**

- Off-balance but not sure why.
- A sense of relief if he goes out of town or is otherwise occupied without you.
- That you have to word things exactly right or he will explode.

- That you need permission to socialize with friends or make plans.
- Overly self-conscious about your clothes, weight, or hair.
- Rushed to be home not a minute late for fear of upsetting him.
- Obligated to have sex with him whenever he requests it.
- That doing things you used to enjoy is just not worth the battle.
- Drained and exhausted for no apparent reason.
- Depressed but not sure why.
- Confused about whether he is abusing you or not...

Emotional abuse may not be visible, but it is real. If reading these descriptions has made you feel uncomfortable about your partner, you may be in an emotionally abusive relationship. Please value yourself and your happiness enough to get help! Check out the websites below or call .....