

Identify the Type of Emotional Abuse

Please circle T for true and F for false or ? if you are unsure. If you circled true and there is a blank, please fill in the blank with the most appropriate person or relationship.

Identifying Emotional Abuse through Feelings

- T F ? 1. I feel I have been emotionally abused in the past by _____.
- T F ? 2. I never felt like my father/mother approved of me.
- T F ? 3. I had a hard time pleasing my father/mother when I was growing up.
- T F ? 4. I would often find ways to avoid going home.
- T F ? 5. Growing up, I felt disconnected from my parents or those taking care of me.
- T F ? 6. I rarely felt safe at home as a child.
- T F ? 7. Everyone always wanted me to be more than I was.
- T F ? 8. I wasn't allowed to express my emotions as a child.
- T F ? 9. Others in the family picked on me growing up.
- T F ? 10. When I think back on my childhood, more bad memories come to mind than good.

Total Ts: _____ Total Fs: _____ Total ?s: _____ for Identifying Emotional Abuse through Feelings

Identifying Emotional Abuse through Words

- T F ? 11. I was constantly lectured to as a child by _____.
- T F ? 12. Growing up, I was always wrong and my _____ was always right.
- T F ? 13. I never felt that my reasons why I did or thought something was valued.
- T F ? 14. My _____ had a way of always letting me know how stupid I was.
- T F ? 15. I would often get into a shouting match with _____, but I never won.
- T F ? 16. I seemed to be the butt of all of the jokes in my family.
- T F ? 17. My _____ always reminded me of how bad I was.
- T F ? 18. Whenever I got into a fight with _____ he/she would always bring up every bad thing I ever did.
- T F ? 19. Sometimes I felt like putting a pillow over my head to avoiding listening to it.
- T F ? 20. My house was rarely peaceful and quiet when I was growing up.

Total Ts: _____ Total Fs: _____ Total ?s: _____ for Identifying Emotional Abuse through Words

Identifying Emotional Abuse through Actions

- T F ? 21. I kept trying to please, but nothing seemed to work.
- T F ? 22. Often my _____ yelled at me instead of speaking to me.
- T F ? 23. I wasn't allowed to question _____'s decisions growing up.
- T F ? 24. My _____ never actually hit me, but the threat was always implied.
- T F ? 25. My _____'s moods were always up and down. I could never be sure from moment to moment what the mood would be.
- T F ? 26. Growing, I had two families. The private one was kept a secret from what we showed in public.
- T F ? 27. I didn't feel like the favorite child in the family.
- T F ? 28. When I was growing up, my father told me things about my mother that embarrassed me or that overwhelmed me. I felt more like a spouse than a child.
- T F ? 29. Sometimes I felt more like my _____'s buddy than his/her child.
- T F ? 30. When I was a child, I perceived God as a vengeful super-parent who punish me for wrongdoing.

Total Ts: _____ Total Fs: _____ Total ?s: _____ for Identifying Emotional Abuse through Actions

Identifying Emotional Abuse through Neglect

- T F ? 31. My _____ never seemed to want to spend any time with me.
- T F ? 32. I was often left alone as a child.
- T F ? 33. My _____ seemed happier when I didn't bother him/her.
- T F ? 34. I often felt like the parent instead of the child.
- T F ? 35. When I finally was able to leave home, I felt free.
- T F ? 36. I dreaded birthdays and special events because I'd hope my _____ would show up, but he/she didn't.
- T F ? 37. Most of the time, I felt on my own.
- T F ? 38. I often felt my _____ would be better off without having to take care of me.
- T F ? 39. I tried to earn affection by doing everything right.
- T F ? 40. I often felt that it was my fault my _____ left.

Total Ts: _____ Total Fs: _____ Total ?s: _____ for Identifying Emotional Abuse through Neglect