

Possible Signs of Emotional Abuse

Signs of Emotional Abuse	Past	Present
Making a person feel worthless	_____	_____
Having blame put on you for others mistakes	_____	_____
Minimizing the other's point of view	_____	_____
Threatening or hinting of physical or sexual abuse	_____	_____
Going into a fit of rage or anger	_____	_____
Failing to fulfill commitments or promises made or implied	_____	_____
Lying to avoid responsibility for the truth	_____	_____
Refusing to acknowledge the other person's feelings	_____	_____
Verbally or physically humiliating the other person through inappropriate gestures, comments, or "jokes"	_____	_____
Using shame or guilt to manipulate the actions of another	_____	_____
Not allowing the other person to articulate his or her feelings	_____	_____
Denying another access to his or her personal possessions or pets	_____	_____
Withholding financial resources	_____	_____
Refusing to communicate with the other person—the silent treatment	_____	_____
Extreme range of moods	_____	_____
Conditional agreements in which conditions keep changing to avoid fulfilling the agreement	_____	_____
Using a hostile or sarcastic tone of voice with the other person	_____	_____
Being critical of each action, thought, or remark of another	_____	_____
Viewing others as a part of that person's own personality as opposed to individuals with their own thoughts, feelings, and opinions	_____	_____
Belittling, humiliating, marginalizing, and/or ignoring another	_____	_____