

IDENTIFYING EMOTIONAL ABUSE

Directions

Are you experiencing emotional abuse? Have you been emotionally abusive to others? Emotional abuse is usually an attempt to get control over another person, and it can be just as damaging as physical abuse. Read the following statements and check all that apply.

Examples of Emotional Abuse

	I have done this	I have experienced this
1. Calling names. Saying things like, "You're ugly" or "You're stupid."	<input type="checkbox"/>	<input type="checkbox"/>
2. Frequently yelling or cursing.	<input type="checkbox"/>	<input type="checkbox"/>
3. Threatening or intimidating.	<input type="checkbox"/>	<input type="checkbox"/>
4. Frequently criticizing or correcting.	<input type="checkbox"/>	<input type="checkbox"/>
5. Lying or cheating.	<input type="checkbox"/>	<input type="checkbox"/>
6. Making accusations that you know are not true.	<input type="checkbox"/>	<input type="checkbox"/>
7. Putting responsibility for your problems on the other person.	<input type="checkbox"/>	<input type="checkbox"/>
8. Making fun of another person's family, religion, or race.	<input type="checkbox"/>	<input type="checkbox"/>
9. Embarrassing or humiliating another person.	<input type="checkbox"/>	<input type="checkbox"/>
10. Withholding affection or approval as punishment.	<input type="checkbox"/>	<input type="checkbox"/>
11. Being overly controlling, such as telling the other person what to say or do.	<input type="checkbox"/>	<input type="checkbox"/>
12. Insisting on making all decisions, disregarding the other person's feelings.	<input type="checkbox"/>	<input type="checkbox"/>
13. Making another person feel guilty when you don't get your way.	<input type="checkbox"/>	<input type="checkbox"/>
14. Keeping the other person from their family or friends.	<input type="checkbox"/>	<input type="checkbox"/>
16. Insisting that another person account to you for all of his/her time.	<input type="checkbox"/>	<input type="checkbox"/>

Are there other forms of emotional abuse in your life? List them below.
