



Dr. Deborah Wilder

Center for Therapy and Mediation



**"ARE YOU BEING
EMOTIONALLY ABUSED?
HERE'S HOW TO TELL"**

www.drdeborahwilder.com

As a psychologist, I understand the importance of identifying emotional abuse in a relationship. Emotional abuse can be subtle and insidious, making it hard to recognize. This checklist is designed to help you discern if your relationship dynamics may be abusive:



Constant Criticism or Humiliation

- **Does your partner frequently criticize or humiliate you, both in private and in front of others?**
- **Are you made to feel inferior or worthless?**



Being Controlled or Isolated

- Does your partner control where you go, whom you see, or what you do?
- Are you discouraged or prevented from seeing friends and family?



Threats and Intimidation

- Has your partner ever threatened you, your loved ones, or even themselves?
- Do you feel intimidated or afraid of how your partner might react?



Dismissal of Your Thoughts and Feelings

- Does your partner dismiss or belittle your opinions, thoughts, or feelings?
- Do you feel unheard or invalidated?



Blaming You for Their Actions

- Are you blamed for your partner's behavior or mood swings?
- Is everything that goes wrong in the relationship or their life your fault?



Manipulation and Gaslighting

- Does your partner manipulate situations to make you doubt your reality or memory?
- Are you often left questioning your sanity or perceptions?



Withholding Affection as Punishment

- **Does your partner withhold affection, communication, or support as a form of punishment?**
- **Are love and attention given conditionally, based on their approval of your behavior?**



Financial Control

- Does your partner control your finances, or limit your access to money?
- Are you required to account for every penny you spend?



Extreme Jealousy and Possessiveness

- Does your partner exhibit excessive jealousy or possessiveness?
- Are you accused of being unfaithful or flirting without any basis?



Frequent Mood Swings

- Does your partner have unpredictable mood swings that you feel you must manage?
- Do you feel like you're walking on eggshells?



Love Bombing and Extreme Attention

- Does your partner shower you with excessive attention or affection, especially after a conflict or when you show signs of independence?
- Is there a pattern of intense devotion followed by withdrawal and neglect?



Ignoring or Stonewalling

- Does your partner ignore you, refuse to speak, or walk away during disagreements?
- Are you given the 'silent treatment' as a form of control?



Undermining Your Independence

- Does your partner discourage your independence, such as your career, education, or hobbies?
- Are your efforts to grow or succeed met with resistance or sabotage?



Feeling Drained Rather Than Energized

- Do you feel emotionally drained rather than supported and uplifted by your partner?
- Is there a persistent sense of sadness or anxiety in your relationship?



Your Concerns Are Minimized

- When you express concerns about your relationship, are they minimized or dismissed outright?
- Does your partner tell you that you're overreacting or being too sensitive?



Physical Affection is Used as a Tool

- Is physical affection used as a reward or withheld as a punishment?
- Do you feel that physical closeness is contingent on pleasing your partner?

If any of these points resonate with your experience, it may be an indication that you are in an emotionally abusive relationship. Recognizing these signs is an important step in considering your options and seeking help. Remember, you deserve a relationship based on mutual respect and kindness. Seeking support from a mental health professional, trusted friends, or support groups can provide guidance and aid in addressing these issues. Remember, your well-being and safety are paramount.