

Emotional Abuse Checklist

Do you have to get permission to socialize with your friends?
Are you accused of cheating on him when you leave the house to do errands, etc.?
Are you afraid to talk about certain topics unless he's in a good mood?
Does he have control over the money and monitor your spending?
Does he tell you no one else would ever want you?
Does he threaten to harm himself if you leave him?
Does he go through your purse or open your mail?
Does he make disparaging remarks about the way you look or dress?
Does he use things against you that you've confided to him in the past?
Does he sabotage your efforts to be involved in pleasant social or family events?
Does he compare you negatively to other women?
Are you nervous about being on the phone when he is around?
Is it okay to return home later than scheduled without being fearful?
Does it feel more like you have a dad than a partner?
Does he give you the 'silent treatment' when you want to talk or work things out?
Does he try to turn the children against you?
Do you feel manipulated by his kindness or gifts?
Do you feel obligated to be sexual with your partner?
Are your activities and interests looked upon as unimportant and trivial?
Does he sabotage your schedule and outside commitments?