



Emotional Abuse Checklist

ARE YOU ISOLATED?

Circle one answer for each question.

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|----|---|--------------|------------------|--------------|
| 1. | Does your partner ridicule or insult people like you? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 2. | Is your partner jealous of your friends, family, or even pets? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 3. | Does your partner intercept your mail or telephone calls? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 4. | Does your partner become angry or upset, dampening your enthusiasm, just before, or during a social event you've looked forward to? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 5. | Do you discourage people from telephoning you at home because your partner resents sharing your time? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 6. | Do you have fewer contacts and activities with friends and family than before you began the relationship? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 7. | Do you feel uneasy about being with your partner and your friends at the same time? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 8. | Do you feel nervous or frightened of what your partner will say or do if you are even a few minutes late from work, shopping, or visiting others? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |

IS YOUR ATTENTION MONOPOLIZED BY THE ABUSIVE PERSON?

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| 9. | Do you feel your clothing, opinions and decisions must have your partner's approval? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 10. | Do you feel overpowered by your partner's presence whether or not he or she is with you? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 11. | Do you speak carefully, or avoid speaking, so you won't risk upsetting your partner? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 12. | Do you time your activities to avoid their being noticed by your partner? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 13. | Do you often feel like you are walking on eggshells? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |

DOES YOUR PARTNER CLAIM TO BE ALL-POWERFUL?

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| 14. | Does your partner claim to be exceptionally bright or knowledgeable, or to have extraordinary powers? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 15. | Does your partner claim to be more aware of the ways of the world than you are? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 16. | Does your partner claim to have friends and contacts who will report your activities when you are away from home? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 17. | Does your partner claim to know the <i>right way</i> to do things, and that you don't know what is <i>right</i> ? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |

DOES YOUR PARTNER ENFORCE TRIVIAL DEMANDS?

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|-----|---|-------|-----------|-------|
| 18. | Does your partner insist that activities take place in precise ways or at precisely designated times? | Often | Sometimes | Never |
| 19. | Does your partner interrupt your work or other things that are important to you, to get his or her needs met? | Often | Sometimes | Never |
| 20. | Does your partner demand that you wear only approved clothing, jewelry...? | Often | Sometimes | Never |
| 21. | Does your partner insist that you perform menial services, or inspect your work and make hyper-critical comments? | Often | Sometimes | Never |
| 22. | Does your partner demand detailed reports of your hourly activities? | Often | Sometimes | Never |

ARE YOU EXHAUSTED, DEPENDENT, OR DEBILITATED?

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| 23. | Do you feel inadequate doing tasks you used to do easily? | Often | Sometimes | Never |
| 24. | Do you suffer from minor or major illnesses? | Often | Sometimes | Never |
| 25. | Do you often have feelings of dread? | Often | Sometimes | Never |
| 26. | Do you feel that you couldn't manage your life without your partner? | Often | Sometimes | Never |

DO YOU FEEL HUMILIATED OR DEGRADED?

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| 27. | Does your partner force you to do things that are against your religious or moral values? | Often | Sometimes | Never |
| 28. | Does your partner ridicule the traits you admire or value in yourself? | Often | Sometimes | Never |
| 29. | Does your partner tell you that no one else would want you? | Often | Sometimes | Never |
| 30. | Has your partner talked you into doing something, and then made you feel guilty or ashamed of it? | Often | Sometimes | Never |
| 31. | Does your partner keep you up late, asking about real or imagined sexual or romantic incidents? | Often | Sometimes | Never |
| 32. | Does your partner force you to apologize for things you didn't do? | Often | Sometimes | Never |
| 33. | Does your partner insist that you ask permission to spend money for household or personal items, whether the money is a community fund or your own income? | Often | Sometimes | Never |
| 34. | Does your partner call you names with sexual connotations such as <i>slut</i> or <i>whore</i> ? | Often | Sometimes | Never |
| 35. | Does your partner flaunt relationships or flirt with others while in your presence? | Often | Sometimes | Never |

DOES YOUR PARTNER THREATEN YOU?

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| 36. | Does your partner threaten to make public the things you have said or done in private moments? | Often | Sometimes | Never |
| 37. | Does your partner threaten to leave you or divorce you, if and when you have arguments? | Often | Sometimes | Never |
| 38. | Does your partner tell you that suicide or mental illness will result if you leave or withdraw your love? | Often | Sometimes | Never |
| 39. | Does your (recovered) alcoholic partner hint at the possibility of drinking again, unless you do what is required, and are certain not to upset him or her? | Often | Sometimes | Never |
| 40. | Does your partner threaten to <i>punish you or teach you a lesson</i> if you misbehave? | Often | Sometimes | Never |

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| 41. Does your partner threaten to take your car keys, money, or checkbook, if you don't comply with his/her demands? | Often | Sometimes | Never |
| 42. Does your partner use body or facial expressions, or noises, to show his/her anger and loss of control, in order to frighten you? | Often | Sometimes | Never |
| 43. Has being hit or beaten in the past made you afraid it will happen again, if you don't comply? | Often | Sometimes | Never |
| 44. Does your partner keep guns, knives, or other weapons close at hand? | Often | Sometimes | Never |

DOES YOUR PARTNER OCCASIONALLY INDULGE YOUR WISHES?

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| 45. Just as you are thinking of leaving, or when you have been abused, does your partner pamper you with gifts? | Often | Sometimes | Never |
| 46. Does your partner suddenly do things you have been requesting for a long time? | Often | Sometimes | Never |
| 47. Does your partner become unexpectedly understanding about things that would ordinarily cause him/her to be angry? | Often | Sometimes | Never |
| 48. After your partner has <i>put you down</i> , are you then indulged with affection or special care? | Often | Sometimes | Never |

DOES YOUR PARTNER DO THINGS THAT MAKE YOU FEEL CRAZY?

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| 49. Does your partner suggest you are <i>stupid or crazy</i> , if you disagree with him/her? | Often | Sometimes | Never |
| 50. Does your partner apologize and say the abuse is a sign of deep love and fear of losing your love? | Often | Sometimes | Never |
| 51. Does your partner insist that the two of you are in a battle against a world full of enemies? | Often | Sometimes | Never |
| 52. After abusing you, does your partner express so much sorrow, guilt or self-hate, that you become the one who comforts your partner? | Often | Sometimes | Never |
| 53. Has your partner burdened you with shameful, embarrassing or criminal secrets, which only you know about? | Often | Sometimes | Never |
| 54. Does your partner lie about insignificant things? | Often | Sometimes | Never |
| 55. Does your partner make contradictory demands? | Often | Sometimes | Never |
| 56. Does your partner contradict the positive things others say about you? | Often | Sometimes | Never |
| 57. Does your partner do unrequested favors, then get angry or hurt when you don't do something in return? | Often | Sometimes | Never |
| 58. Do you distrust your feelings about yourself, your partner, or others? | Often | Sometimes | Never |
| 59. Do you feel ashamed of past deeds that you were once proud of? | Often | Sometimes | Never |
| 60. Are you afraid that no one would like you if they knew the <i>real you</i> ? | Often | Sometimes | Never |
| 61. Do you believe that you are the only one who can save your partner from ruin, depression, alcoholism, insanity or suicide? | Often | Sometimes | Never |
| 62. Does it just happen that when you are preparing for a job interview, or an important event, you become distracted and worried by a crisis in your partner's life that seems more important? | Often | Sometimes | Never |
| 63. Does your partner cause you to question your longtime friendships? | Often | Sometimes | Never |
| 64. Are you confused about what is love and what is hate? Or what is right and what is wrong? | Often | Sometimes | Never |

IS YOUR PARTNER EMOTIONALLY DISTANT OR NEGLECTFUL?

Does your partner?:

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|-----|--|--------------|------------------|--------------|
| 65. | Ignore you or grunt absentmindedly when you begin a conversation? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 66. | Groan, complain, or ridicule you, when you cry, worry, or ask for emotional support? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 67. | Refuse to confide in you, when he/she is worried, hurt, or scared? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 68. | Ignore your wish for sex, or refuse to do what excites or satisfies you? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 69. | Make light of your triumphs, discourage your plans, disparage your success? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 70. | Refuse to share his/her plans, or dreams for success? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |

Have you?:

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|-----|--|--------------|------------------|--------------|
| 71. | Given up asking your partner for companionship? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 72. | Stopped asking for empathy or emotional support? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 73. | Given up asking for your partner's help, when you are sick, or tired? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 74. | Stopped asking your partner about his/her plans, worries, or triumphs? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |
| 75. | Developed a habit of avoiding sex, whenever possible, but, enduring it as a tolerable routine, when it is unavoidable? | <i>Often</i> | <i>Sometimes</i> | <i>Never</i> |