

## 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?