

Emotional Abuse Checklist

- ___ continually criticizes you, calls you names or shouts at you
- ___ you are always “walking on eggshells” never knowing when he/she will explode
- ___ humiliates you in public or private
- ___ isolates you from family and friends
- ___ constantly checks up on you, calls you and needs to know your whereabouts (listens to phone calls, checks the mail, goes through your purse, checks car mileage, etc.)
- ___ makes all financial decisions; does not allow you to have a bank account, credit cards, or any financial assets; monitors your spending
- ___ does not allow you to work or causes you to lose your job
- ___ gets angry if meals or housework are not done to his/her liking; you feel like you can never do things “good enough”
- ___ extremely jealous and accuses you of cheating whenever you leave the house
- ___ you are afraid to discuss certain topics unless he/she is in a good mood
- ___ your activities, needs, and wants are viewed as unimportant or trivial
- ___ feels you dress too provocatively and wear too much makeup; controls your wardrobe
- ___ threatens to leave you; tells you no one else would want you or love you
- ___ you feel like you always have to get permission first to do things or see people
- ___ forces you to do things that make you feel ashamed
- ___ makes you feel worthless and helpless
- ___ turns the children against you; calls you names and humiliates you in front of them
- ___ treats the children more nicely than usual when angry at you
- ___ withholds approval, appreciation, or affection
- ___ ridicules your beliefs, religion, race, or gender
- ___ threatens to injure or kill your pet(s)
- ___ threatens to hurt/kill someone you love or commit suicide if you leave