EMOTIONAL ABUSE CHECKLIST

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