



What is Emotional Abuse?

Emotional abuse is a systemic pattern in which one partner in an intimate relationship diminishes and destroys the self-esteem of another, for the sole purpose of power and control.

Has your partner:

- Continually criticized you, called you names, or said that nothing you do is good enough, no matter how hard you try
- Blamed you for any and all problems, real and perceived
- Humiliated or bullied you in public or in private
- Ignored or belittled your feelings
- Alternately professed love and disgust toward you
- Withheld approval, appreciation or affection as punishment
- Ridiculed or insulted women as a group, calling them crazy, emotional, stupid, etc.
- Manipulated you with lies or contradictions
- Insulted your family or friends, driving them away
- Refused to socialize with you, or went out with you and then ignored you
- Made all decisions, demanded his permission for you to do anything
- Refused to share money, refused to work and/or controlled your money
- Interfered with your job, education or medical care
- Regularly threatened to leave or told you to leave
- Punished or deprived the children or given them special treatment
- Threatened your life, pets, family and/or friends
- Threatened to get sole custody of the children if you left, or threatened to kidnap them
- Threatened to commit suicide if you ever left
- Blamed you for the lack of sexual intimacy or as an excuse for extramarital affairs, harassed you about imagined affairs you were having
- Denied or minimized abusive behavior by blaming you for being too sensitive, weak, stupid or told you that you were imagining it all