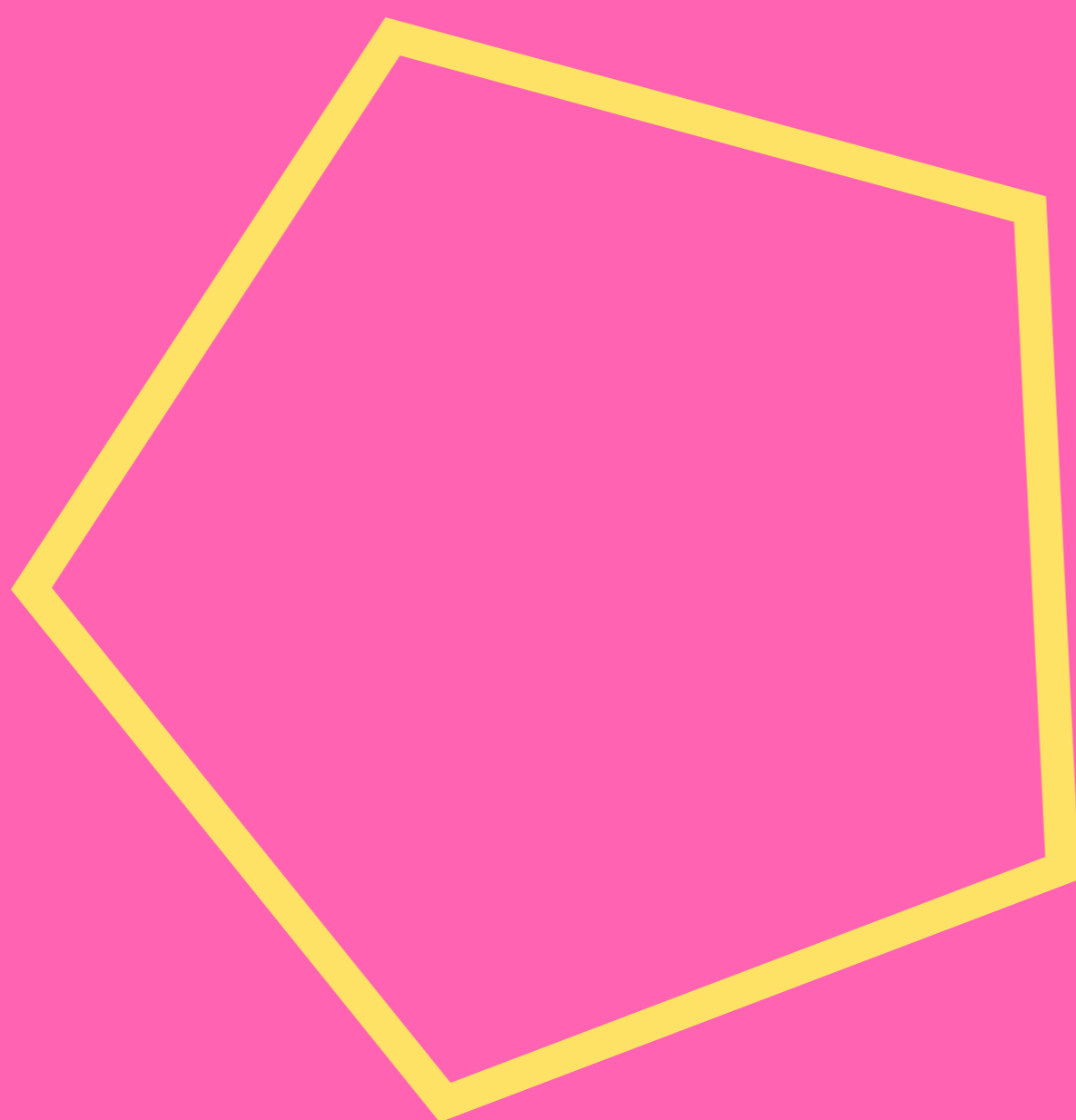


# THE WARNING SIGNS OF AN EMOTIONALLY ABUSIVE RELATIONSHIP

CHECKLIST



THE MANY CONCERNS OF NICOLE

# *The Warning Signs of an Emotionally Abusive Relationship*

## **THE MANY CONCERNS OF NICOLE**



- \_Your partner belittles you, degrades you, calls you vulgar names and makes you feel bad about yourself
- \_Your partner does all of the above in private and public
- \_Your partner does not congratulate you on any of your achievements and in fact, seems to resent your success
- \_Your partner dislikes your friends and/or family and never has anything nice to say about them
- \_Your partner acts nice in front of your friends and relatives but changes completely behind closed doors
- \_Your partner tries to isolate you from your friends, family, or loved ones
- \_Your partner completely disregards your feelings
- \_Your partner never apologizes for treating you poorly, it was you who was overly sensitive, and you're the one who needs to change, not them
- \_Your partner blames you for their violent outbursts; you're the one who made them act a certain way
- \_Your partner convinces you that they are always right and that you are wrong
- \_Your partner is never interested in how your day was; they only want to talk about themselves
- \_Your partner speaks to you as if you were a child; you don't know any better

**I'VE COMPILED THIS LIST BASED ON MY EXPERIENCE. THIS LIST IS NOT DEFINITIVE, BUT IF YOU FIND THESE SIGNS RELATABLE, YOU MAY BE IN AN EMOTIONALLY ABUSIVE RELATIONSHIP.**

# The Warning Signs of an Emotionally Abusive Relationship

## THE MANY CONCERNS OF NICOLE



- \_Your partner wants you to do what they say and when you don't, they get mad
- \_Your partner says that they treat you this way because they love you
- \_Your partner tells you not to cry in public because they fear what others may think
- \_Your partner never apologizes for making you cry
- \_Your partner gaslights you
- \_Your partner attempts to control your appearance: what you wear, how much/little makeup you wear
- \_Your partner tries to convince you that you are the abusive one
- \_Your partner always claims that "you're overreacting, you're crazy!"
- \_Your partner says that you're lucky they put up with you because someone else probably wouldn't
- \_Your partner makes you feel like you're walking on eggshells
- \_Your partner won't speak to you until you apologize, but you never know what you're apologizing for
- \_Your partner claims that you are the only person in their life they can trust, and without you, they would cease to exist
- \_You feel obligated to stay with this person because they have convinced you that you are the only person who could help make them feel happy

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# *The Warning Signs of an Emotionally Abusive Relationship*

THE MANY CONCERNS OF NICOLE

Unhealthy behaviors between partners aren't always as obvious as they seem.

If you found yourself checking off a majority of the items on the list, you may be in an emotionally abusive relationship.

## **ADDITIONAL RESOURCES/READING**

-Is this abuse?

-You're Not Going Crazy: 5 Sure Signs You're Being Emotionally Abused

-'Why Didn't You Just Leave?' Six Domestic Violence Survivors Explain Why It's Never That Simple

## **NEED HELP?**

If you are located in the U.S you can call 1-800-799-SAFE (7233) for the National Domestic Violence Hotline

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