

Emotional Abuse Checklist

<i>Check the most appropriate answer.</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
1. Do you have to get permission to socialize with your friends?				
2. Are you accused of cheating on him/her when you leave the house to do errands, etc.?				
3. Are you afraid to talk about certain topics unless s(he)'s in a good mood?				
4. Does s(he) have control over the money and monitor your spending?				
5. Does s(he) tell you no one else would ever want you?				
6. Does s(he) threaten to harm himself if you leave ?				
7. Does s(he) go through your purse/wallet or open your mail?				
8. Does s(he) make disparaging remarks about the way you look or dress?				
9. Does s(he) use things against you that you've confided in him/her in the past?				
10. Does s(he) sabotage your efforts to be involved in pleasant social or family events?				
11. Does s(he) compare you negatively to others?				
12. Are you nervous about being on the phone when s(he) is around?				
13. Is it okay to return home later than scheduled without being fearful?				
14. Does it feel more like you have a parent than a partner?				
15. Does s(he) give you the "silent treatment" when you want to talk or work things out?				
16. Does s(he) try to turn the children against you?				
17. Do you feel manipulated by his/her kindness or gifts?				
18. Do you feel obligated to be sexual with your partner?				
19. Are your activities and interests looked upon as unimportant and trivial?				
20. Does s(he) sabotage your schedule and outside commitments?				