

Emotional Abuse Checklist



- ☐ They get jealous of your friends, family, or even your pets.
- ☐ They're always finding fault with everything you say or do.
- ☐ They want to know every little thing you do and ask for detailed reports of your activities.
- ☐ They call you names just because you disagree with them.
- ☐ They make you doubt your longtime friendships.
- ☐ They tell you what to do and make you feel like you're always wrong.
- ☐ They invade your privacy and want to control your every move.
- ☐ They make you do things that go against your religious or moral values.
- ☐ They ignore you and refuse to talk, making you feel lonely and ignored.
- ☐ They complain or make fun of you when you cry, worry, or ask for emotional support.
- ☐ They don't take your feelings seriously & may even make you feel worse.
- ☐ They complain or make fun of you when you cry, worry, or ask for emotional support.

Checklist Emotional Healing

Kay Sheppard



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