

# Emotional Abuse Checklist

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- ☐ 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

**JS Bruner**



## **Checklist Emotional Healing:**

## **Checklist Emotional Healing** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Checklist Emotional Healing**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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