

Emotional Abuse Checklist

Checklist · 21 items · 6 sections

Emotional abuse is often harder to recognize than physical abuse because it leaves no visible marks. This checklist covers the most common patterns and signs of emotional abuse in relationships: to help you identify what you may be experiencing and take steps to seek support.

Open the editable version online:

<https://genechecklist.com/checklist/emotional-abuse-checklist>

CRITICISM & HUMILIATION

- Constantly criticizes you, puts you down, or belittles your accomplishments

HIGH

If you're checking this list, trust your instincts: speak with a counselor or contact the National Domestic Violence Hotline: 1-800-799-7233

- Calls you names, insults you, or humiliates you in public or private

HIGH

- Makes you feel stupid, worthless, or incapable

HIGH

- Mocks your feelings or tells you that you're too sensitive when you react

HIGH

CONTROL & ISOLATION

- Controls who you spend time with: limits contact with friends or family

HIGH

- Controls finances: limits access to money or requires justification for all spending

HIGH

- Monitors your phone, email, or location without your consent

HIGH

- Demands to know where you are at all times

HIGH

- Makes major decisions without consulting you

MANIPULATION & GASLIGHTING

- Denies events that happened or insists your memory is wrong (gaslighting)

HIGH

- Twists situations to make you feel at fault for their behavior
HIGH
- Uses guilt, threats, or emotional outbursts to get what they want
HIGH
- Gives silent treatment or withholds affection as punishment
HIGH

THREATS

- Threatens to leave, harm themselves, or take children if you don't comply
HIGH

HOW YOU FEEL

- You walk on eggshells: constantly afraid of their reaction
HIGH
- You feel anxious, depressed, or worthless much of the time
HIGH
- You apologize frequently even when you haven't done anything wrong
HIGH
- You feel confused about your own perception of reality
HIGH
- You have become isolated from people who used to be important to you
HIGH

GETTING HELP

- Reach out for help: National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org)
HIGH
- Speak with a trusted therapist, counselor, or healthcare provider
HIGH