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# **EMOTIONAL ABUSE** **Self-Assessment**

**You Don't Have To Take It Anymore**

# So what is emotional abuse exactly?

You know what it feels like. You know the conflicted emotions and reactions you have to the comments, looks, and behaviors that leave you feeling isolated, unloved, angry, and afraid.

But why is it so hard to pinpoint this abuse, especially when your partner is so good at denying it or covering it up?

How do you quantify the damage when attitudes do the wounding and behaviors leave no physical trace?

Emotional abuse is characterized by intent, a power disparity, escalation of behavior, duration, and repetition.

It is based in a need for power and control. The tactics may differ slightly from abuser to abuser, but the results are always the same.

Emotional abuse destroys the hope of a real relationship. Trust, intimacy, security, and happiness are impossible in an environment where one partner seeks to dominate, belittle, and intimidate the other.

# Are you being emotionally abused?

Emotional abuse is insidious and crazy-making. You don't have physical scars as evidence that you're being mistreated and damaged. The abuser is manipulative and denies his or her behavior and its impact on you.

In fact, you may be confused about whether or not the attitudes and actions of your spouse or partner really qualify as emotional abuse.

Often the best way to judge whether or not you're being abused is to assess the way YOU feel and act.

Victims of emotional abuse tiptoe through life as if they are constantly walking on eggshells. They are hyper-vigilant in their efforts to avoid criticism, anger, put-downs, or cold shoulders from their spouses or partners.

But there are consistent and typical behaviors of emotional abusers, and it's important that you know for certain if the intimate partner in your life is indeed an abusive personality.

The following self-assessment will give you the clarity you need to determine if you are a victim of emotional abuse.

# Emotional Abuse Self-Assessment

Answer "yes" or "no" to the following questions. If you aren't sure, answer based on whether the behavior happens more or less than 50% of the time. Total your score at the end of the assessment.

1. My partner yells at me and insults me often.

Yes  No

2. My partner has unpredictable emotional outbursts

Yes  No

3. My partner uses sarcasm or teasing to make me feel bad.

Yes  No

4. My partner swears at me and/or calls me names.

Yes  No

5. My partner mimics or patronizes me.

Yes  No

6. My partner constantly criticizes or belittles me.

Yes  No

7. My partner says things to upset or frighten me.

Yes  No

8. My partner gets angrier if I talk back or defend myself.

Yes  No

9. My partner is indifferent to or diminishes my feelings.

Yes  No

10. My partner accuses me of being too sensitive.

Yes  No

11. My partner uses guilt trips/shaming to get his/her way.

Yes  No

12. My partner makes me do humiliating/demeaning things.

Yes  No

13. My partner is emotionally distant and unavailable.

Yes  No

14. My partner shows a lack of empathy/compassion.

Yes  No

15. My partner trivializes my accomplishments.

Yes  No

16. My partner accuses me of things that aren't true.

Yes  No

17. My partner gives me disapproving/contemptuous looks.

Yes  No

18. My partner gets angry when chores aren't done his way.

Yes  No

19. My partner is jealous and suspicious of me.

Yes  No

20. My partner uses neglect/abandonment to punish me.

Yes  No

21. My partner repeatedly crosses my boundaries.

Yes  No

22. My partner monitors my calls, outings, and movements.

Yes  No

23. My partner blames me for life difficulties and problems.

Yes  No

24. My partner sulks, stomps, and uses childish behaviors.

Yes  No

25. My partner withholds sex or affection to control me.

Yes  No

26. My partner does things to spite me.

Yes  No

27. My partner denies his/her abusive behavior.

Yes  No

28. My partner threatens to leave the relationship.

Yes  No

29. My partner says my feelings are irrational/crazy.

Yes  No

30. My partner refuses to share housework/childcare.

Yes  No

31. My partner withholds resources like money.

Yes  No

32. My partner blames me for his/her bad behavior.

Yes  No

33. My partner prevents me from going out or socializing.

Yes  No

34. My partner throws things or hits/kicks things.

Yes  No

35. My partner makes threatening gestures or faces.

Yes  No

36. My partner insists on sex when I don't want it.

Yes  No

37. My partner tries to turn people against me.

Yes  No

38. My partner threatens physical or sexual aggression.

Yes  No

39. My partner uses our/my children to threaten me.

Yes  No

40. My partner threatens violence against my kids/others.

Yes  No

Please go to the next page for scoring your assessment.





# Self-Assessment Scoring

Calculate the number of "yes" responses you had in the self-assessment. Then look at the description below that relates to your score.

Please remember that isolated abusive behaviors do not represent emotional abuse. The behaviors should be a pattern of behavior that is consistent and systematic.

Emotional abuse is characterized by intent, a power disparity, escalation of behavior, duration, and repetition.

## **Score of 1-10**

There is definitely some emotional abuse going on, but fortunately it isn't all-pervasive in your relationship. Now is the best time to address the behavior and your responses to it before it escalates. Identify the specific behaviors you selected as abusive, and make note of your common responses. In a calm way, point out these behaviors to your partner, and let him/her know how they make you feel. Empower yourself by taking a stand against the abusive behaviors. Nip this in the bud before you lose your self-esteem. Take steps to educate yourself and your partner so you can save your relationship.

## **Score of 11-21**

Your partner exhibits many emotionally abusive behaviors that are demeaning and damaging. He/she is using subtle tactics like intimidation, emotional manipulation, passive aggressive and controlling behaviors, and a refusal to ever be pleased to exert power and control over you and throw you off balance. You must recognize this behavior for what it is and not make excuses for it or give your partner a pass. The more you allow the behavior, the worse it will get. You may feel frightened to stand up for yourself, but letting this behavior go on can damage your mental health, as well as emotionally hurt your children. You must take action by learning more and empowering yourself.

## **Score of 22-32**

Emotional abuse and your passive response to it is now the central dynamic of your relationship. Any sense of a healthy, mutually respectful connection is gone. Though you may still love your abuser, you feel more and more dependent on him/her because of your fear, anxiety, and low self-esteem. Your abuser knows he/she can get away with abusive behaviors and has increased them to the point you don't know who you are anymore. You feel completely dominated by this person, even though you still have hope that he or she can change and life can go back to "normal," whatever that is. It's past time to seek out counseling for you and your abuser.

## Score of 32-40

Your relationship with your partner is severely damaged as a result of the ongoing, pervasive emotional abuse. You may be clinically depressed or have other mental health issues as a result of this ongoing mistreatment. Your self-esteem and confidence are almost non-existent, as your partner has systematically diminished your very being. You have little inner strength to initiate change or stand up for yourself, and you are in desperate need of support and guidance about how to stop the abuse and/or leave the relationship. Counseling is absolutely essential to help you gain strength and protect yourself and your children if necessary. You simply cannot allow this to go on any longer.

## Taking Action

Please, DON'T allow emotional abuse to continue. If you don't address it now, it WILL get worse. Contact a licensed counselor to support you, and join **my course** to learn strategies for self-empowerment and clarity. The course is completely private, self-guided, and available for your phone or computer.

THE EMOTIONAL ABUSE BREAKTHROUGH COURSE

LEARN MORE

Much love,

*Barrie Davenport*

Certified Personal Coach, Best Selling Author