

Is My Relationship Emotionally Abusive?

Check all that apply to your relationship.

If you check 5 or more boxes, you may be in a relationship with an unhealthy dynamic.

- ☐ My partner often humiliates or belittles me.
- ☐ My partner swears, shouts at me, and/or calls me names.
- ☐ My partner uses intimidation tactics, like threatening body language or physical contact.
- ☐ I feel generally stressed, anxious, or fearful around my partner.
- ☐ I am afraid of my partner's reactions and often walk on eggshells around them.
- ☐ My partner feels the need to punish me or get revenge for something I did that they did not like.
- ☐ My partner withholds love, affection, attention, and/or finances from me.
- ☐ My emotional needs are neglected, dismissed, or diminished by my partner.
- ☐ I often receive silent treatment from my partner.
- ☐ My partner finds ways to keep me away from my friends and family.
- ☐ I am blamed for the problems and conflicts in our relationship.
- ☐ My partner spoils occasions and dates that are important to me.
- ☐ My partner mistrusts me, even when I have given them no reason to do so.
- ☐ I have trouble maintaining my personal boundaries around my partner.
- ☐ My partner gaslights me.
- ☐ I feel bad about myself when I am around my partner.
- ☐ When I think about it, my partner has too much control over me.

If you feel like you need extra guidance or support, you are not alone. Trust Mental Health can help. Reach out to us for a **free 15 minute consultation**.