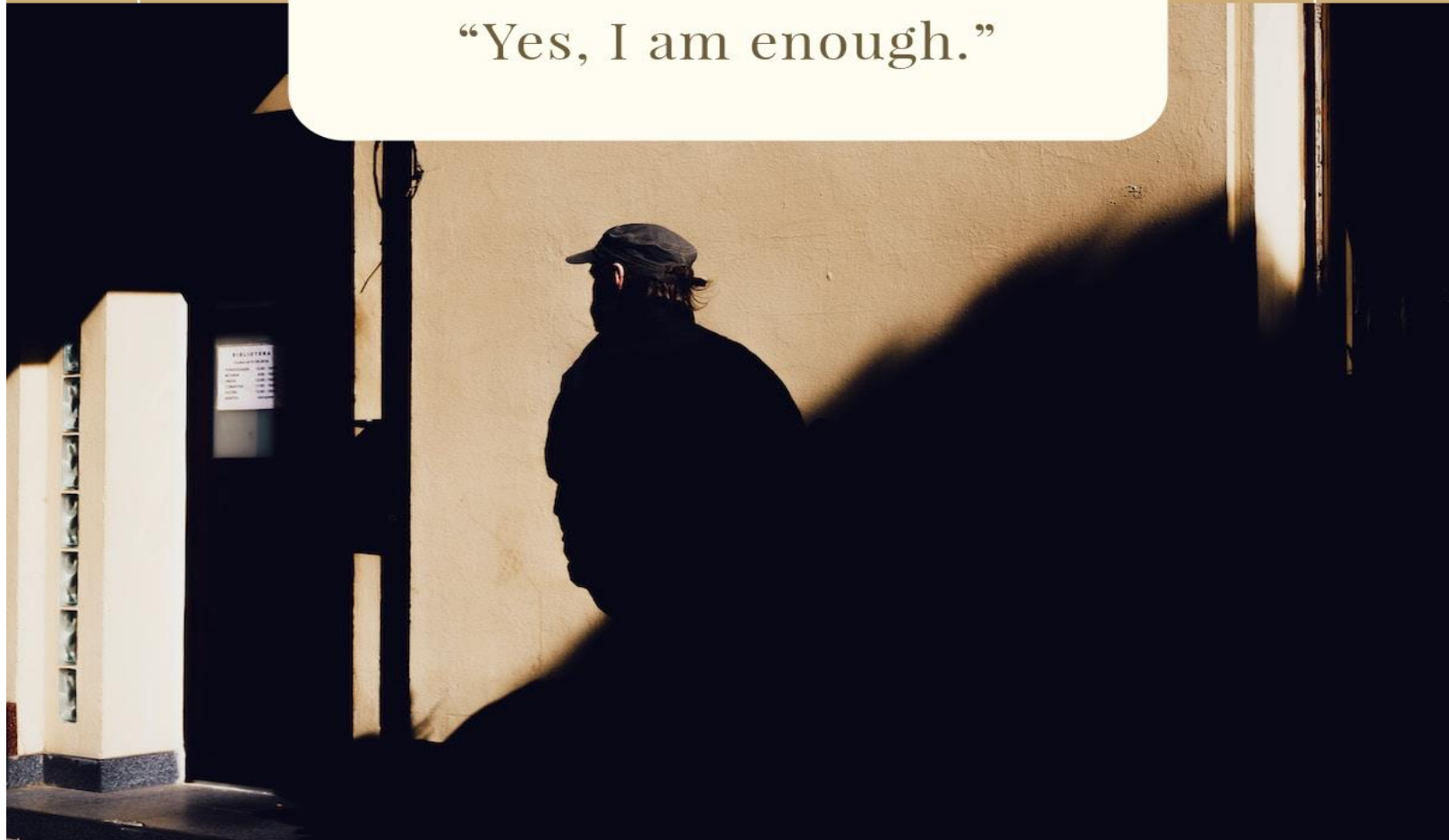


15

SIGNS YOU'RE IN AN EMOTIONALLY ABUSIVE RELATIONSHIP

“Yes, I am enough.”



15 Signs You Are in an Emotionally Abusive Relationship

Coach Wendy Hazel

Emotional and verbal abuse can start suddenly. However, some abusers may initially act normally before turning abusive once a relationship becomes steady.

In the beginning of a relationship, some abusers may purposefully show you a lot of affection and attention, including compliments and requests to see you frequently.

The abuser frequently tries to make the target feel deeply connected to them, as though the two of them are "against the world."

Abusers gradually start to control numerous aspects of their targets' lives and start to insult or threaten them.

The occurrence of this change in conduct might shock and confuse sufferers. As a result, you can feel dumb or embarrassed for being in the relationship.

It is never your fault if you are mistreated by someone else.

You might be the target of verbal or emotional abuse if someone:

1. wants to be in regular communication with you and to know what you're doing at all times.
2. demands your phone, email, and social media passwords and exhibits other indicators of digital abuse
3. extremely envious behaviors, such as accusing you of cheating all the time

4. stops you from visiting friends or family or discourages you from doing so
5. attempts to prevent you from attending work or school
6. has a terrifying way of getting upset.
7. controls your entire financial situation or your spending
8. prevents you from going to the doctor
9. exposes you to public humiliation
10. insults you by using terms like "fat," "disgusting," "worthless," "stupid", "idiot", or "dumb"
11. makes threats to harm you, loved ones
12. threatens to report you for misconduct to the authorities

13. threatens to kill themselves when they are angry at you
14. utters phrases like "If I can't have you, no one can"
15. BONUS - decides for you what you should decide for yourself, such as what to wear or eat.

If you experience any of the signs in the list above, get help.

Call 911 if you are in urgent danger.

Contact a therapist, a coach, a trusted friend or family member, a domestic violence hotline volunteer, or an abuse shelter if you are not in immediate danger.

Find out more about how to obtain assistance if you are in a relationship that is verbally or emotionally abusive.

[Schedule a free consultation with Coach Wendy Hazel](#)



Women's Empowerment Advocate, Speaker, Mentor, and Master Neuro–Transformation Results Coach Dr. Wendy Hazel equips women to transform from hurting to healing. Dr. Hazel receives many testimonials daily from women that

she has helped to regain their inner peace, reconnect with who they are, re-ignite their creativity, boost their productivity, and strengthen their faith in God. With her compassionate and down-to-earth approach, Dr. Hazel provides grace and a safe space for women to heal and move forward into their God-given destinies.

In addition to over 30 years of experience as a Christian Educator, Administrator, and Consultant, she earned a Bachelor of Science degree in Computer Science from DeMontfort University, Leicester, England, and her Master of Science degree in Management and Leadership from Western Governors University. In addition, she was awarded an honorary doctorate by the Wesleyan Bible College in Guyana for her life work in the administration of Christian Education in the Wesleyan Church.

[Contact Dr. Wendy Hazel](#)

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