

# Understanding Emotional and Energy-Based Abuse

D. Cowdrey

## What It Is

Emotional or energy-based abuse occurs when someone repeatedly drains your emotional energy without giving support, respect, or reciprocity. It can be subtle or overt, and it often leaves you feeling exhausted, anxious, or undervalued.

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## Common Signs

### 1. Energy Draining or One-Sided Relationships

- You feel exhausted after interacting with someone
- You're always giving emotional support, attention, or validation but rarely receive it in return

### 2. Passive-Aggressive Behavior

- Avoidance of communication, including ignoring messages or social media requests
- Subtle behaviors that make you feel excluded, guilty, or less important

### 3. Silent Treatment / Social Exclusion

- Deliberate ignoring or exclusion from social or online spaces
- Feeling controlled through absence rather than direct confrontation

### 4. Emotional Exploitation

- Being made responsible for someone else's emotions, moods, or well-being
- Your feelings or needs are minimized or dismissed

### 5. Subtle Narcissistic Patterns

- Behaviors that signal superiority, entitlement, or lack of empathy
- Can be disguised as humor, criticism, or “just joking” comments

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## **Impact on You**

- Feeling drained, anxious, or confused after interactions
- Lowered self-esteem or self-worth
- Stress, frustration, or resentment over time

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## **Healthy Boundaries to Protect Yourself**

- Limit time with people who repeatedly drain you
- Communicate your needs clearly and calmly
- Step back from relationships that are consistently one-sided
- Seek supportive, reciprocal relationships that respect your energy

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## **Remember**

- These patterns are about the other person's behavior, not your worth
- Spotting manipulation early helps you protect your emotional health
- You are allowed to choose who you spend your energy on

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