

Emotional Wellness Checklist

Signs You Are in an Emotionally Abusive Relationship



Some relationships, whether they be parent-child, spouse, sibling or friendships, can be emotionally abusive in nature. An emotionally abusive relationship is more than just a collection of emotionally abusive behaviors. In an emotionally abusive relationship, one person consistently controls the other through fear, humiliation, manipulation, fear or shame. There is a predictable relational and communication pattern of tension building, incident, reconciliation, and calm.

- Do you feel worried or anxious about your spouse's/parent's/sibling's anger?
- Do you feel worried or nervous about your spouse's/parent's/sibling's nonverbal gestures like sarcasm, criticism, or glares?
- Do you feel like you tiptoe around your spouse's/parent's/sibling's mood to avoid blow ups?
- Do you feel like you cannot predict when you will experience your spouse's/parent's/sibling's put-downs, eye rolls, disgusted looks, disapproval or cold shoulder?
- Do you feel like your relationship is ice cold, like there is a wall between you?
- Do you feel you second guess yourself and your behavior before you do anything because you worry you will set your spouse/parent/sibling off or begin "the silent treatment"?
- Do you feel yourself questioning what you think is right and wrong?
- Do you feel a sense of dread when you know you will be in contact with your spouse/parent/sibling?
- Do you feel like what you expect from your spouse/parent/sibling is ridiculous, unfair or unreasonable?
- Do you agree to do things with your spouse/parent/sibling just to keep the peace?
- Do you feel like your spouse/parent/sibling bullies you?
- Do you feel tense when walking past your spouse/parent/sibling?
- If you stand up to your spouse / parent / sibling do you forget what you were upset about because you are trying to defend yourself?
- Do you notice a cyclical pattern of incident, reconciliation and calm with your spouse/parent/sibling?
- Do you notice that your spouse/parent/sibling rarely or never apologizes for the pain they have caused you?
- Do you notice yourself experiencing more physical ailments such as headaches, muscle tension, stomach aches, etc.?

CHECK OUT THE FULL ARTICLE

<http://www.mysahana.org/tag/emotional-abuse/>