

Emotional Abuse Test

1. How often does your partner or someone close to you criticize or belittle you?

2. Are you frequently made to feel guilty or blamed for things beyond your control?

3. Do you find it challenging to express your thoughts and feelings without fear of judgment or reprisal?

4. Are you often isolated from friends, family, or other support systems by your partner or someone close to you?

5. Do you experience constant mood swings in your relationship, where your partner can be affectionate one moment and hostile the next?

6. Are you made to doubt your own perception of reality, or are your feelings dismissed as irrelevant or unimportant?

7. Do you feel controlled or manipulated in various aspects of your life, such as decision-making, finances, or personal choices?

8. Have you noticed a decline in your self-esteem and confidence since being in this relationship?

9. Is there a pattern of threats or intimidation, even if they are not overtly violent?

10. Are you made to feel responsible for the emotional well-being of your partner or someone close to you?