

# 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?**