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## Emotional Abuse Checklist

Look at each section below and place an “X” or a check mark on each line that applies to you or someone you know.

### Keeping You Away from Other People

- \_\_\_\_\_ Does your partner get angry when you talk on the phone?
- \_\_\_\_\_ Does your partner open your mail?
- \_\_\_\_\_ Does your partner keep you from seeing your friends?
- \_\_\_\_\_ Is your partner angry when you are a little late getting home?
- \_\_\_\_\_ Does your partner want you home when he/she is home?

### Always on Your Mind

- \_\_\_\_\_ Do you worry about what your significant other thinks about your clothes or your makeup?
- \_\_\_\_\_ Do you ask him/her who you can see or where you can go?
- \_\_\_\_\_ Are you careful of what you say so that he/she will not get upset?
- \_\_\_\_\_ Do you feel you are “walking on eggshells”?

### Feeling Sick and Tired

- \_\_\_\_\_ Does your partner keep you up late asking you about your past?
- \_\_\_\_\_ Do you work so hard to please him/her that you feel worn out?
- \_\_\_\_\_ Do you feel sick, yet are not sure what is wrong?
- \_\_\_\_\_ Are you unable to do things you used to do easily?

### Small Demands

- \_\_\_\_\_ Does he/she demand that dinner be served right on the minute?
- \_\_\_\_\_ Does your partner insist that the house look “just so”?
- \_\_\_\_\_ Do you have to report how you spend every dollar?

### Putting You Down: Humiliation

- \_\_\_\_\_ Does your partner call you names like “stupid”, “whore”, “idiot”, or “bitch”?
- \_\_\_\_\_ Does your partner tell you what is “wrong” with you in front of other people?
- \_\_\_\_\_ Has he/she made you do things that make you feel ashamed?
- \_\_\_\_\_ Does your partner say that no one else would want you or would love you?

### Threats

- \_\_\_\_\_ Does he/she threaten to leave you?
- \_\_\_\_\_ Has he/she said he/she will go crazy or kill him/herself if you leave?
- \_\_\_\_\_ Does your partner say he/she will kill you or beat you if you don’t obey?

### Sweet Talk and Threats

- \_\_\_\_\_ After your partner has been mean to you, does he/she act sweet and loving?
- \_\_\_\_\_ After he/she has hit you, does he/she give you a present or take you out?
- \_\_\_\_\_ When you decide to leave, does your partner make a plea and give you hope for change?

If you answered “Yes” to any of these, you or someone you care about may be in an emotionally abusive relationship. Please seek help! The STAR Central Office of the Pat Walker Health Center has a list of resources available. Visit us in Rooms 275 or 277 or call 575- 7252 or 575-7722.

Information adapted from Rockbridge Global Village’s Project Horizon website, retrieved on 5/22/2006  
From <http://organizations.rockbridge.net/projecthorizon/emotionalchecklist.htm>

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**STAR Central – Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence**  
*a program of*



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