



1 in 3 women and 1 in 4 men have been victims of physical violence by an intimate partner within their lifetime. According to recent studies, emotional abuse by an intimate partner is much higher than physical abuse.

Emotional abuse is the precursor to most cases of physical domestic violence.

Recognizing the early signs is key to breaking the pattern and stopping abuse before it causes irreversible damage.

This Could Be Anyone...



Effects

- confusion - fear - hopelessness - shame - depression
- moodiness - muscle tension
- nightmares- racing heartbeat - various aches and pains- PTSD - low self-esteem - depression
- anxiety - chronic pain - guilt - insomnia - social withdrawal
- panic attacks - difficulty concentrating
- regression - sleep disorders - eating disorders - headaches- heart disease - mental health issues
- obesity - excessive worrying - irrational fears

Some of the very early signs of an emotional abuser in a relationship

- Love bombing - Grandiose self-importance
- Lack of empathy - Resentment - Entitlement - Rusher - Superiority - Pettiness - Sarcasm
- Deep need for admiration - Deceit
- Minor Jealousy - Blaming

Need Support?

If you, or someone you know, is in danger, contact your local domestic violence shelter or national domestic violence hotline.



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Do you know the signs?

EMOTIONAL ABUSE

examples

- Placing undue blame
- An overly critical spirit
- Resentment
- Slapping negative labels on personal traits or behaviors
- Threatening physical harm
- Starting rumors that degrade reputation
- Angry outbursts
- Manipulation (“If you love me, you’ll ...”)
- Withholding information
- Limiting access to finances or personal possessions
- Refusing to acknowledge their partner’s feelings
- Using sarcastic or mocking tones, even if the message itself is positive
- Verbal threats
- Demeaning the partner in front of friends, family or strangers
- Constant criticism or humiliation
- Name-calling and use of abusive language

- Disproportionate anger or yelling to intimidate
- Irrational blaming of the partner
- Withholding affection, approval or appreciation as a punishment
- Obsessive jealousy and accusations of unfaithfulness
- Instilling in the partner the belief that “nothing he/she does will ever be good enough”
- Use of intimate knowledge to generate vulnerability
- Abusing or threatening to abuse the partner’s children or pets with the intent to emotionally harm the partner
- Being irresponsible with money
- Serially cheating and then blaming for his or her behavior
- Using insults, sarcasm or sneering
- Laughing at the partner
- Harming or threatening to harm himself/herself
- “Crazy making”; e.g. Lying to confuse
- Blaming the partner for the abuse
- Telling tales and false stories
- Cheating to prove that they are more desired, worthy, etc. than you him/her
- Stalking

- Telling the partner he/she doesn’t know what he/she is talking about
- Manipulating the partner with words, ideas or lies
- Denying that statements or promises were made or that behaviors occurred, and telling the partner it’s all in his/her mind
- Silent treatment
- Listening to his/her phone calls, monitoring the mileage on the car, calling/texting/emailing
- Stopping access to family and/or friends
- Making rules about what to say, do, wear,
- Changing the rules without telling him/her, unpredictably
- Turning others against him/her
- Repeatedly crossing boundaries and ignoring requests
- Showing complete disregard and disrespect
- Behaving like a spoiled child
- Acting helpless to get his/her way
- Threatening infidelity or divorce to throw him/her off balance
- Telling him/her that he/she will never find anyone better, or that they are lucky to be with a person like them