

Emotional abuse (EA) is a pattern of power and control where one person uses psychological attacks

against another person. These include insults, humiliation, threats, jealousy/possessiveness, manipulation, guilting, gaslighting, stalking, and coercion.

EA is designed to control, scare, and break down a person's confidence.

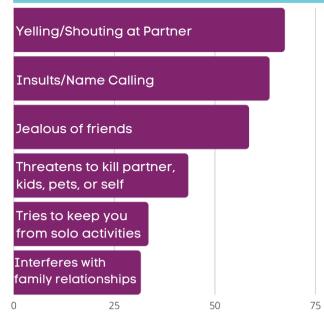


Emotional abuse is a form of domestic violence. and is sometimes the first warning sign. EA ranges from subtle to overt, and often appears with other forms of abuse or signals the abusive partner may escalate to other forms of abuse.

Anyone can experience emotional abuse. Abusers can be intimate partners, family members, coworkers,, friends, etc.

Emotional abuse can be more traumatizing than physical abuse.^{2,3} Emotional abuse often isn't taken seriously, and survivors who try to seek help are often not believed.

What Does EA Look Like?



Psychological Abuse Reported by Female Domestic Violence Victims Entering the Criminal Justice System²

INSULTS Trans survivors may face insults about not being "man/woman enough in appearance COERTCION "Do it for me. Do it. You're overacting, come on, it'll be fine...why are you being stubborn? Do you **JEALOUSY** want me to "I don't want you to get mad? I see your friends. don't think You'll just cheat on you want me." that."

ISOLATION HUMULIATION "Your family will "Its funny how never accept your eye twitches you. I do. I'm when you're mad... Guys check the one who this out!" <mimics understands you. Not them." eve twitch>

MANIPULATION "I do so much for you, what do you

do? If you really loved me..."

THREATS

Abusers in LGBTQ relationships may threated to "out" their partner as a way to control them.

GASLIGHTING

"That never happened. You're crazy. You're making stuff up."

> Stalking "I need to know where you are in case you need help!"

Commonly Asked Questions

I Haven't Heard Much About Emotional Abuse?

As a society, we tend to dismiss it as "less serious" than physical abuse. EA is also harder to spot because it can be subtle or disguised as other things, like "iokes".

What Are The Effects of Emotional Abuse?

Fear, low self esteem, and a diminished sense of identity, self worth, dignity, and confidence. It can lead to depression, anxiety, and suicidal tendencies.



Is Emotional Abuse "That Bad"?

Yes. Many survivors say emotional abuse is as traumatizing or more traumatizing than physical or sexual abuse. A study by Walker (1979) found that many survivors "considered humiliation and verbal assaults to be more upsetting than the physical violence they experienced".3

Commonly, EA is a warning sign for future physical assault, or appears along side physical assault as well as other forms of abuse such as financial and sexual.



How Do I Know I Am Being Emotionally Abused?

Identifying emotional abuse can be tricky. Trust your gut if you feel something is off, and look for the red flags we have highlighted in this toolkit.

On the back page, we have included a short "quiz" with examples of different types of emotional abuse to help get you started.

REFERENCES

- . NCADV. (2015). Facts about domestic violence and psychological abuse. Retrieved from www.ncadv.org
- 2. HENNING, K. R. I. S., & KLESGES, L. M. (2003). Prevalence and Characteristics of Psychological Abuse eported by Court-Involved Battered Women. JOURNAL OF INTERPERSONAL VIOLENCE, 18(8), 857–871. https://doi.org/10.1177/0886260503253878

3 Walker, L. E. (1979). The battered woman. New York: Harper & Row.

4 Follingstad, D. R., Rutledge, L., Berg, B. J., Hause, E. S., & Poleck, D. S. (1990). The Role of Emotional Abuse in Physically Abusive Relationships. Journal of Family Violence, 5(2)

TEAD Emotional Abuse Mini Which of the following sound like you?

I feel anxious about how I think I'm too sensitive my partner will respond to me doing/saying/etc. can't live without me

My partner told me they

When I tell my partner about something they did that upset me, they say its my fault. Or I deserve it.

My partner has

My partner convinced me to auit called me "crazy" my job/school/certain hobbies My partner had threatened to kill themself if I leave I am afraid to tell my partner "no" | I go with things

My partner follows me everywhere

I feel like I don't mv friends see

family and as much now that with mv I'm partner

my partner wants My partner says its my fault for how they act even when it My partner has ianored me for lona periods of time to punish me for something I did

makes me uncomfortable. It feels easier.

My partner scares me

My partner has threatened My partner reads my

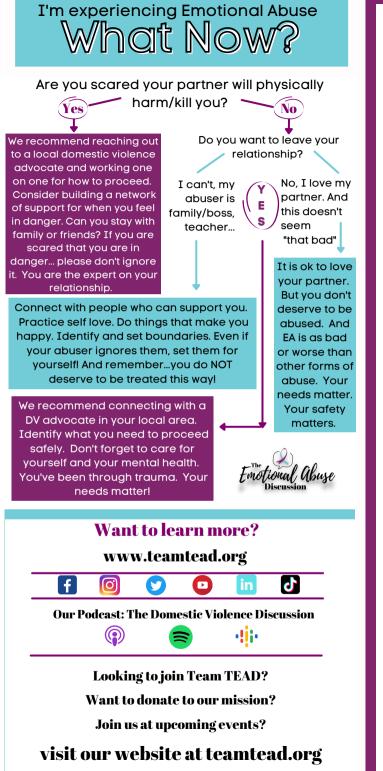
me	My partner calls me names the	texts
my kids	know hurt me	diary
my pets		emails
my family	My partner is really jealous	messages

I've chanaed what I wear because of my partner

My partner intentionally uses the wrong pronouns for me

My partner tells me my friends think I'm crazy. That no one believes me. A certain look or touch from my partner warns me... I'd better "watch it". Or I'll be in trouble later.

Answer Key 0 = There may be no EA. BUT if you are worried there is, trust your gut. 1-5 = Seeing a few red flags. 5-10 = Warning bells are ringing .>10 = We are concerned there is emotional abuse in your relationship. Check --> for next steps.



Team TEAD Emotional Abuse Toolkit

Do you feel like you can't do anything right? Are you often anxious? Do you think your feelings and opinions don't matter? You may be experiencing Emotional Abuse.

Our Team TEAD toolkit is designed to help you understand emotional abuse: What it looks like, how it feels, and suggestions and strategies for beginning your healing journey

