



Red Flags of Emotional Abuse: A Checklist for Awareness and Action

If you've ever felt confused, blamed, or silenced in a relationship, you're not imagining it—and you're not alone. Emotional abuse is often invisible, but the damage is very real. Use this checklist to help recognize manipulative behaviors, protect your mental health, and take the first steps toward healing.

EMOTIONAL MANIPULATION & GASLIGHTING

- ☐ They make you question your memory or sanity (gaslighting)
- ☐ They twist the truth or rewrite history to avoid responsibility
- ☐ They blame you for their actions or emotions
- ☐ They guilt-trip you for setting boundaries or having needs
- ☐ You feel confused after conversations and constantly second-guess yourself

CONTROL & ISOLATION

- ☐ They monitor your phone, social media, or location
- ☐ They decide who you can or can't talk to
- ☐ They make you feel guilty for spending time with others
- ☐ They pressure you into doing things you're uncomfortable with
- ☐ They withhold affection or give the silent treatment as punishment

VERBAL ABUSE & CRITICISM

- ☐ They constantly criticize, belittle, or mock you
- ☐ They call you names or use demeaning language
- ☐ They make jokes at your expense, especially in public
- ☐ Your accomplishments are minimized or dismissed
- ☐ They accuse you of being "too sensitive" or "crazy" when you react

JEALOUSY & POSSESSIVENESS DISGUISED AS LOVE

- ☐ They accuse you of cheating or flirting for no reason
- ☐ You feel like you're constantly being watched or evaluated.
- ☐ You've started hiding things from them just to avoid conflict
- ☐ They get jealous of your friends, family, or co-workers
- ☐ They insist it's "because they care so much" or "just want to protect you."

If you've checked multiple boxes, know this: It's not your fault. You deserve respect, peace, and safety. Next, contact a trusted friend, therapist, or [The Hotline](https://www.thehotline.org/) at 800-799-7233 or text "START" to 8878