

# Emotional Abuse Checklist

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- They get jealous of your friends, family, or even your pets.
- They're always finding fault with everything you say or do.
- They want to know every little thing you do and ask for detailed reports of your activities.
- They call you names just because you disagree with them.
- They make you doubt your longtime friendships.
- They tell you what to do and make you feel like you're always wrong.
- They invade your privacy and want to control your every move.
- They make you do things that go against your religious or moral values.
- They ignore you and refuse to talk, making you feel lonely and ignored.
- They complain or make fun of you when you cry, worry, or ask for emotional support.
- They don't take your feelings seriously & may even make you feel worse.
- They complain or make fun of you when you cry, worry, or ask for emotional support.

# Emotional Healing Checklist

**Michael Seilmaier**



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