

# Signs of an Emotionally Aggressive Relationship

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Does your partner:

- Feel afraid of you much of the time?
- Avoid certain topics out of fear of angering you?
- Feel that they can't do anything right for you?
- Believe that they've done something to deserve to be hurt or mistreated?
- Wonder if they're the one who is crazy?
- Feel emotionally numb or helpless?
- Feel trapped or imprisoned?

## Do you:

- Humiliate, criticize, or yell at your partner?
- Become emotionally aggressive towards your partner?
- Treat your partner so badly that your partner is embarrassed for your friends or family to see?
- Ignore or put down your partner's opinions or accomplishments?
- Blame your partner for your own abusive behavior?
- See your partner as property or a sex object, rather than as a person?
- Have a bad and unpredictable temper?
- Hurt your partner, or threaten to hurt or kill your partner?
- Threaten to take your partner's children away or harm them?
- Threaten to commit self-harm, up to and including suicide, if your partner leaves?
- Force your partner to have sex against their will?
- Destroy your partner's belongings?
- Act excessively jealous and possessive?
- Control where your partner goes or what your partner does?
- Keep your partner from seeing their friends or family?
- Limit your partner's access to money, the phone, or the car for other than budgetary reasons?
- Constantly check up on your partner?
- Go through your partner's emails, cell phone record, text messages, or other communications?