

Emotional Abuse Checklist for Dating Violence

Check the answer that best fits your relationship:	Often	Sometimes	Rarely	Never
Are your activities and interests looked upon as unimportant and trivial?				
Are you expected to drop what you're doing to meet your partner's needs?				
Do you have to account for all your time?				
Does your partner make light of important subjects saying things like, "Can't you take a joke?"				
Does your partner insist that everything is your fault?				
Do you have to ask permission to see or spend time with friends or family?				
Does your partner use violence or threats during an argument?				
Does your partner tell you nobody else would ever want you?				
Does your partner threaten to hurt her- or himself if you were to leave or break-up with them?				
Does your partner go through your personal things (locker, purse, notebooks, etc.) without permission?				
Are you afraid to talk about certain subjects unless your partner is in a good mood?				
Are you often accused of cheating on your partner or flirting with others, even though you are not doing these things?				
Does your partner humiliate or embarrass you in public?				
Does your partner use information you've confided in him or her against you?				
Does your partner compare you negatively to others?				
Does your partner use "guilt trips" to manipulate you?				
Does your partner make you feel obligated to be sexual in order for her/him to feel loved?				
Does your partner put you down about the way you look or dress?				
Does your partner make rules about what you can or cannot do?				