

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?
- Feel emotionally numb or helpless?
- Feel trapped or imprisoned?

Do you:

- Humiliate, criticize, or yell at your partner?
- Use abusive language
- Ignore your partner's answers
- Mock or call your partner names
- Yell, swear, interrupt or change the subject by turning blame back onto your partner?
- Become emotionally aggressive towards your partner?
- Twist your partner's words?
- Tell your partner what to think and how to feel?
- Put your partner down in front of other people?
- Say bad things about your partner's friends and family?
- 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?
- Make light of your own behavior and not take your partner's concerns about it seriously?
- Deny that the emotional aggression happened?
- Shift responsibility for your behavior, or say that your partner caused it?
- 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?
- Hit, slap, kick, choke, push, punch, beat, or restrain your partner to keep them from leaving?
- Destroy furniture, punch holes in the walls, or damage your partner's possessions?
- Use the children or other family members against your partner?
- Lock your partner out of the house?
- Threaten to take your partner's children away or harm them?
- Threaten to harm other family members or family pets?
- 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?
- Use blaming, shaming or guilt-tripping to control your partner?
- Act excessively jealous and possessive?

Signs of an Emotionally Aggressive Relationship

- Control where your partner goes or what your partner does?
- Keep your partner from seeing their friends or family?
- Make rules that it is impossible for your partner to keep?
- Punish your partner for not keeping these impossible rules?
- Force your partner into decisions they may not be ready to make?
- Always insist on being right?
- Refuse to 'agree to disagree'?
- Follow your partner to see what they're doing and where they're going?
- Refuse to leave when asked?
- Limit your partner's access to money, the phone, or the car for other than budgetary reasons?
- Withhold money as a means of control
- Refuse to let your partner work, or interfere with your partner's job?
- Show up at your partner's job to cause trouble?
- Constantly check up on your partner?
- Go through your partner's emails, cell phone record, text messages, or other communications?

If you checked more than five of the items above, you would probably benefit from the 7Cs of Mindful Mood Management Course. For information about this 12-week course, email chuck@mbft.org.