
“IS THIS ME?” CHECKLIST

1. EMOTIONAL/NARCISSISTIC/VERBAL ABUSE

- You are not respected- you and your feelings are dismissed, making light of the abuse
- Gaslighting- making you feel like you're "crazy"; having you doubt your own feelings.
- Rejection- constantly rejecting you, your thoughts, feelings, or opinions.
- Manipulation- manipulating your feelings, played games or told white lies to get you or lure you in; uses manipulation tactics to keep & get you to do as they want or win you over
- Verbal- Constantly insulting, demeaning, and shaming you (especially in front of others)
- Toxic cycle- hurting you then apologizing & making false promises to keep you there on their rollercoaster as he continues his behavior; his actions become worse overtime; habitual lying & cheating
- Blaming game- everything you do is wrong or when things go wrong, it's your fault; saying you caused the affair or abuse

2. PHYSICAL ABUSE

- Obvious signs- punch, hit, choke, push, or pin you down or against something
- Physical signs causing you to stay away from family, friends, church, or work (swelling, bruises, etc)
- Squeezing your hand or pressing in your back when questioned in front of others to make you cautious about how you respond.
- Intimidating you through threatening looks or actions
- Intimidating you with weapons like guns, knives, bullets, etc.
- Suffered- easily frightened; "jumpy" when others come near or touch you, PTSD, anxiety/depression

3. SEXUAL ABUSE

- Unwanted unsolicited sexual contact (nonconsensual)- touching, rape (you said no or please stop), sodomy
- Coerced or unwanted sexually explicit photos
- Coerced nudity; forced sexual actions

4. SPIRITUAL ABUSE

- Twisting, taking scripture out of context, and or using scriptures to control you- you are to submit; "a woman's duty is to have sex with her husband whenever he wants"; I'm the head over you
- Telling you to forgive 70x7 while they continue to cheat on you or hurt you
- To shut you up- "it's better to be on the rooftop than in the house with a nagging wife"
- Use your walk with Christ and your desire to please God against you, or constantly takes your forgiving spirit/kindness for weakness