

# 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.

# Checklist Emotional Healing

**Kim E. Pardini-Kiely**



## **Checklist Emotional Healing:**

Eventually, you will unquestionably discover a additional experience and triumph by spending more cash. nevertheless when? accomplish you assume that you require to acquire those all needs with having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will guide you to comprehend even more vis--vis the globe, experience, some places, as soon as history, amusement, and a lot more?

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