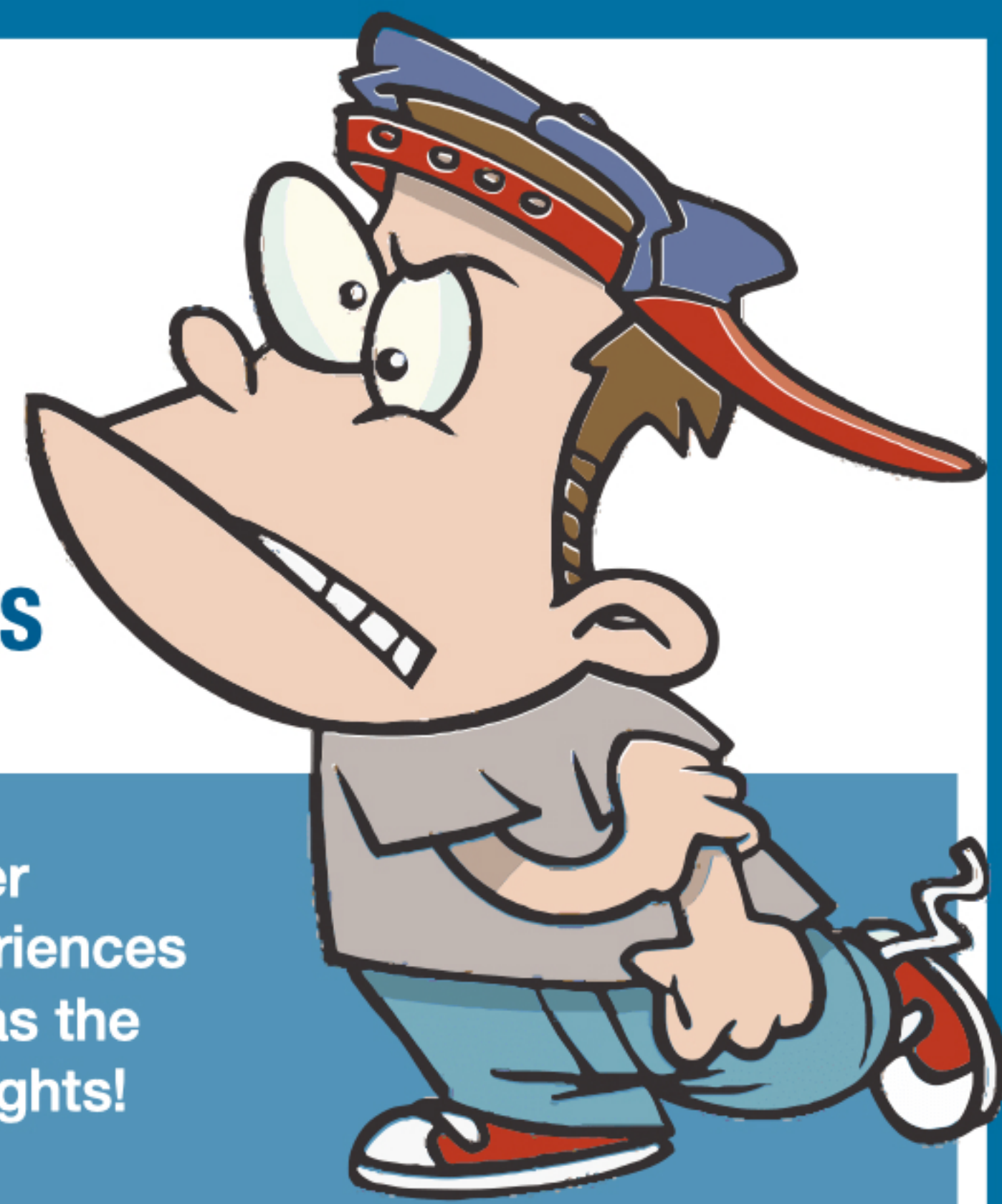


RECOGNIZE THE SIGNS OF **EMOTIONAL ABUSE** IN RELATIONSHIPS



A healthy marriage requires respect, power sharing, gender equality and fairness. An emotionally abused person experiences none of this! No one deserves to be abused and no one has the right to abuse another. These are non-negotiable human rights!

The many forms of emotional abuse in marriage

Tyranny

Threats, intimidation, bodily harm, being treated like an object, opposing choices and the seeking of self-fulfillment.

Not caring for others

Indifferent to the nutritional, emotional, physical, spiritual or medical requirements.

No accountability

For psychological and physical harm, for considering social rules and authority, for rectifying mistakes and accidents.

Dictatorship

Unilateral decision making, deceptive communication, unresponsive to the impact decisions have on others.

Insensitive

To individual needs, feelings, opinions. Dismissive of gender, race and heritage sentiments.

Excessive autonomy

No commitment to others or position in family. Not willing to integrate strengths and vulnerabilities to form a team.

Harsh judgements

No empathy, compassion and support during loss, distress, illness and emotional pain.

Selfishness

Entitlement to take all, does not credit the contributions others make to the family, will not compromise.

Rejecting

Not accepting individual needs, inflexible application of rules and agreements, unwillingness to accept the limits of others.

Emotional abuse is characterized by

1

Intent of behavior

2

Power disparity

3

Escalation

4

Duration

5

Repetition