

# Handout 3 • Self-Evaluation of Emotional Abuse

Adapted from Judy C. Olsen, "The Invisible Heartbreaker," Ensign, June 1996, 24–25

Mark how often you use each of the following forms of emotional abuse with your spouse or others.

ABUSIVE CONDUCT	NEVER (not in last five years)	RARELY (less than once a year)	OCCASIONALLY (less than once a month)	FREQUENTLY (weekly or daily)
<i>Name Calling</i>				
Words like <i>idiot, jerk</i> , or worse				
Sarcastic comments or exaggerations				
Unflattering nicknames				
Insulting labels				
<i>Demeaning Statements</i>				
Devaluation of efforts				
Patronizing tone of voice				
Put-down humor that humiliates				
Faultfinding				
<i>Intimidation</i>				
Threats to get one's way				
Angry words				
Shouting				
Stomping around the house				
Throwing or breaking things				
Interrupting and speaking sharply				
Angry looks or other signs of belligerence				
<i>Isolation (limiting spouse's interaction)</i>				
Withholding information or affection				
Harboring feelings of ill-will or estrangement				
Setting inappropriate rules				
<i>Manipulation</i>				
Acting hurt to get sympathy				
Attempting to create guilty feelings				
Blaming the spouse or others for problems				
Deliberately disagreeing with a spouse's decisions for selfish reasons				