A PAUSE, A PRACTICE, A NEXT STEP

Emotional Abuse

Harm can happen without physical injury.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may feel afraid to disagree, doubt yourself, or change ordinary choices to avoid someone’s reaction. It can be hard to explain the pattern to others.

01 / Notice and reflect

Who could listen without pressuring me?

02 / Notice and reflect

Is this device safe to use for seeking support?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Use Crisis Support for domestic violence resources. If there is immediate danger, seek emergency help. Teens can tell a trusted adult outside the situation.

Read more: VA · Emotional and psychological abuse

More tools and immediate support: Our Healing Room / Crisis Support.