



*Giving voice to the unspeakable...
responding to domestic abuse in Jewish homes.*

Are You Being Emotionally Abused?

Emotional abuse is a systemic pattern in which one partner in an intimate relationship diminishes and destroys the self-esteem of another, for the purpose of sole power and control.

If your partner has:

- Continually criticized you, called you names, or said that nothing you do is good enough, no matter how hard you try
- Blamed you for any and all problems, real and perceived
- Humiliated or bullied you in public or in private
- Ignored or belittled your feelings
- Alternately professed love and disgust toward you
- Withheld approval, appreciation or affection as punishment
- Ridiculed or insulted women as a group, calling them crazy, emotional, stupid, et
- Manipulated you with lies or contradictions
- Insulted your family or friends, driving them away
- Refused to socialize with you, or went out with you and then ignored you
- Made all decisions, demanded his permission for you to do anything
- Refused to share money, refused to work, controlled your money
- Interfered with your job, education, or medical care
- Regularly threatened to leave, or told you to leave
- When angry with you, has punished or deprived the children or treated the children specially, excluding you
- Threatened your life, pets, family and/or friends
- Threatened to get sole custody of the children if you left, or to kidnap them
- Threatened to commit suicide if *you* ever left
- Blamed you for the lack of sexual intimacy or as an excuse for extramarital affairs, harassed you about imagined affairs you were having
- Denied or minimized abusive behavior by blaming you for being too sensitive, weak, stupid or told you that you were imagining it all

If any of these examples apply to your relationship, call SHALVA for a free confidential consultation.

For more information call SHALVA 773-583-HOPE (4673)