

Are You in An Emotionally Destructive Relationship?

1. My partner calls me names, such as *stupid* or *worthless*, or uses sexually degrading terms.

Often Sometimes Seldom Never

2. My partner mocks and belittles me.

Often Sometimes Seldom Never

3. My partner tells me no one else would ever want me as a partner.

Often Sometimes Seldom Never

4. My partner pressures me to do things I do not want to do.

Often Sometimes Seldom Never

5. My partner threatens to leave me and take the children.

Often Sometimes Seldom Never

6. My partner uses the Bible to criticize me or to get me to do something he/she wants me to do.

Often Sometimes Seldom Never

7. My partner tells me who I may have as friends.

Often Sometimes Seldom Never

8. My partner dictates how often I can see/talk with my family of origin.

Often Sometimes Seldom Never

9. My partner undermines me with our children.

Often Sometimes Seldom Never

10. My partner speaks poorly about me to the children.

Often Sometimes Seldom Never

11. My partner speaks poorly about me to others (his family, friends, neighbors, church people).

Often Sometimes Seldom Never

12. I don't feel free to challenge my partner or disagree with him/her.

Often Sometimes Seldom Never

13. If I don't agree with my partner or do what he/she wants, I have a price to pay.

Often Sometimes Seldom Never

14. My partner breaks things around the house when he/she is angry or upset.

Often Sometimes Seldom Never

15. My partner screams and curses at me.

Often Sometimes Seldom Never

16. When I tell my partner my deepest feelings, he/she laughs at me, ignores me, or uses them against me.

Often Sometimes Seldom Never

17. My partner disregards my needs.

Often Sometimes Seldom Never

18. My partner tells me I cannot live without him/her.

Often Sometimes Seldom Never

19. My partner badgers me until I give in to her/his demands.

Often Sometimes Seldom Never

20. My partner calls or texts me frequently wanting to know where I am, what I am doing, and who I am with.

Often Sometimes Seldom Never

21. My partner monitors my emails, social-media, and Internet use.

Often Sometimes Seldom Never

22. My partner accuses me of things I did not do.

Often Sometimes Seldom Never

23. My partner demands my attention when I am busy with something or someone else.

Often Sometimes Seldom Never

24. My partner does not like it when I get positive attention or affirmation from other people – friends, family, churchwork.

Often Sometimes Seldom Never

25. My partner tells me I cannot tell anyone what happens between us.

Often Sometimes Seldom Never

26. My partner uses sarcasm and ridicule to get me to stop talking or to change my mind about something.

Often Sometimes Seldom Never

27. My partner refuses to listen to my point of view.

Often Sometimes Seldom Never

28. My partner blows up when I ask questions about why he/she did something.

Often Sometimes Seldom Never

29. My partner physically restrains me to keep me from leaving a volatile situation.

Often Sometimes Seldom Never

30. My partner has threatened harm to me.

Often Sometimes Seldom Never

31. My partner uses physical force to get me to do something he/she wants me to do or to stop doing something he/she doesn't want me to do.

Often Sometimes Seldom Never

32. My partner has injured me.

Often Sometimes Seldom Never

33. My partner threatens to harm things that are important to me (children, pets, reputation, and property).

Often Sometimes Seldom Never

34. My partner uses physical force to coerce me sexually.

Often Sometimes Seldom Never

35. My partner withdraws from me if I don't do what he/she wants.

Often Sometimes Seldom Never

36. My partner refuses to respond when I ask him/her questions.

Often Sometimes Seldom Never

37. My partner changes the subject when I try to bring up something that's bothering me.

Often Sometimes Seldom Never

38. My partner ignores me for long periods of time.

Often Sometimes Seldom Never

39. My partner refuses to engage or participate in everyday family life.

Often Sometimes Seldom Never

40. My partner plays mind games with me.

Often Sometimes Seldom Never

41. My partner tells me that he/she is the one who is being mistreated by me.

Often Sometimes Seldom Never

42. My partner says the problems in our marriage are all my fault.

Often Sometimes Seldom Never

43. My partner acts one way in public and another way at home.

Often Sometimes Seldom Never

44. There is a double standard around what's acceptable behavior.

Often Sometimes Seldom Never

45. My partner refuses to tell me how much money he/she earns.

Often Sometimes Seldom Never

46. I have no voice regarding how our finances are saved or spent.

Often Sometimes Seldom Never

47. I have no idea what my partner does with our money even though I've asked.

Often Sometimes Seldom Never

48. My partner tells me things that I know are not true.

Often Sometimes Seldom Never

49. My partner omits information that keeps me from knowing the whole story about something.

Often Sometimes Seldom Never

50. My partner lies to other people (children, work colleagues, friends, church, family, IRS, police, etc.)

Often Sometimes Seldom Never

51. I feel crazy in my relationship.

Often Sometimes Seldom Never

52. I feel trapped in my relationship.

Often Sometimes Seldom Never

53. I don't feel I can be myself in my relationship.

Often Sometimes Seldom Never

54. I feel like a child in my relationship.

Often Sometimes Seldom Never

55. I feel like his mother/her dad in my relationship.

Often Sometimes Seldom Never

56. I feel tense around my partner.

Often Sometimes Seldom Never

57. I feel angry around my partner.

Often Sometimes Seldom Never

58. I feel afraid of my partner.

Often Sometimes Seldom Never

59. My children are afraid of my partner.

Often Sometimes Seldom Never

60. I feel physically ill around my partner.

Often Sometimes Seldom Never

61. I am using medications, excess food, and/or alcohol to cope with my relationship.

Often Sometimes Seldom Never

If you answered the last eleven questions (51-61) with *Often* and *Sometimes*, your relationship is taking a toll on you and it is important that you not ignore what is happening to you.

Go back through your answers to questions 1-50 and see how many questions you answered with *Often* and *Sometimes*. What do you see? What's the pattern, the big picture? If you answered more than two questions with *Often*, your relationship may become or is becoming destructive. If you answered *Often* for more than five questions, it is definitely destructive. If you answered *Sometimes* or *Seldom* for some or many of the questions, but did not circle *Often*, your relationship is or is becoming destructive. Please take action now before things get worse.

Here is a breakdown of what the questions look for:

Questions 1-28 describe the various characteristics in an emotionally abusive relationship. Belittling, humiliating, badgering, controlling, undermining, and threatening are obvious characteristics of emotional abuse.

Questions 20-24 indicate jealousy and inappropriate dependency, which lead to being destructive.

Questions 28-34 describe physically abusive tactics used to express displeasure or to force someone to do something she does not want to do. Threats to harm are considered abusive. This is controlling abuse.

Questions 35-39 look for more covert indicators of emotional abuse. They aren't as obvious as some of the tactics used to control, but they are effective. They also indicate gross indifference to the feelings and needs of the partner, which is destructive in a relationship.

Questions 40-44 describe the vague area of crazy-making where you can't define what is abusive, but the mind games, the refusal to engage, and the blaming leave you confused and uncertain.

Questions 45-47 describe coercive control with respect to finances.

Questions 48-50 describe deceit, which breaks trust and destroys the very foundation of intimate relationships.

Questions 51-61 look for your responses to what's happening in the relationship. Some individuals may be more resilient to some of these destructive behaviors, others not. Don't compare yourself with anyone else who may be able to live with something when your body and your spirit are breaking down.

In summary, an emotionally destructive relationship is one where one's personhood, dignity, and freedom of choice is regularly denied, criticized, or crushed.

This quiz is found in the book, [The Emotionally Destructive Marriage](#), by Leslie Vernick. Leslie's book offers a personalized path forward for any woman caught in an emotionally destructive marriage.

Also, <http://www.our-place-online.net> is a private online support group that offers support, trained advocates, links, and resources for anyone in an abusive relationship.