

# 5 Signs of Emotional and Psychological Abuse

Don't suffer in silence! If you or someone you care about is going through abuse, it's time to take action. Look out for these five key signs of emotional and psychological abuse and reach out to a trusted professional or authority who can provide the help you need.

**Constant Criticism and Belittling:** An abuser may frequently criticize, belittle, or demean the victim. This could involve making hurtful comments about their appearance, intelligence, abilities, or decisions, eroding the victim's self-esteem and self-worth over time.

**Isolation and Control:** Abusers often seek to isolate their victims from friends, family, and other sources of support. They might control or monitor the victim's interactions, activities, and whereabouts, making them feel trapped and dependent on the abuser.

**Gaslighting:** Gaslighting is a manipulative tactic in which the abuser tries to make the victim doubt their own reality, memory, or perception. They might deny things they've said or done, distort facts, or insist that the victim is imagining things, causing confusion and self-doubt.

**Threats and Intimidation:** Emotional and psychological abuse can involve threats of physical harm, harm to loved ones, or other forms of intimidation. These threats create fear and anxiety, making it difficult for the victim to assert themselves or leave the abusive

**Humiliation and Shaming:** Abusers may publicly embarrass or shame the victim, either in private or in front of others. This could include name-calling, spreading rumors, or sharing personal information without consent, leading to feelings of shame and humiliation.

This is not an exhaustive list of the signs of emotional and psychological abuse, but recognizing these key indicators can help you identify abusive behavior and take steps to protect yourself or someone you care about.

It's important to remember that emotional and psychological abuse can be subtle and gradual, making it challenging to recognize. If you suspect that you or someone you know is experiencing abuse, consider seeking help from a therapist, counselor, or domestic violence hotline, or you can reach out to us at [info@slidfnd.org](mailto:info@slidfnd.org) or 919-791-5578.

Remember, no one deserves to be treated in an abusive manner, and seeking assistance is a sign of strength.