

# The Three Ds of Emotional Abuse

<b>DISRESPECT</b>	<b>DISEMPOWER</b>	<b>DISTORT</b>
<ul style="list-style-type: none"><li>• A general sense of entitlement and/or superiority by partner</li><li>• Verbal explosions, yelling, name calling</li><li>• Prolonged silent treatments</li><li>• Criticising, belittling, making snide comments</li><li>• Systematic dismissal and invalidation of your needs, feelings, and experiences</li><li>• Minimization of things you bring up vs hyper importance of anything related to them</li><li>• Lack of equal contribution at home</li><li>• Absent support for your physical/medical needs</li><li>• Undermining your accomplishments</li><li>• Disdain or disinterest for things that are important to you</li></ul>	<ul style="list-style-type: none"><li>• Stifling your autonomy</li><li>• Controlling finances</li><li>• Monitoring and limiting your daily activities</li><li>• Micromanaging, obsessiveness</li><li>• Making important joint decisions without your input</li><li>• Preventing you from working, studying or anything that can lead to career development or autonomy</li><li>• Withholding support and resources</li><li>• Distancing you from family and friends</li><li>• Sabotaging social, work or study plans</li><li>• Patronizing you, treating you as someone with less intellect and abilities than them</li><li>• Threats, angry outbursts, intimidation</li><li>• Unwanted sexual experiences</li></ul>	<ul style="list-style-type: none"><li>• Gaslighting – instilling doubt</li><li>• Blame-shifting</li><li>• Discrediting your hurt or anger from their actions</li><li>• Displays excessive jealousy with no basis</li><li>• Paranoid thinking, accusations that seemingly come out of nowhere</li><li>• Lying, cheating</li><li>• Lack of accountability</li><li>• Framing themselves as a victim to elicit caretaking and sympathy</li><li>• Framing themselves as smarter or more knowledgeable on any topic</li><li>• Talking in “word soup” so you get lost in their arguments.</li><li>• Instilling in you a sense that you can’t do anything right, and they know better what’s good for you</li></ul>

# Healthy Relationships vs Emotional Abuse

<p style="text-align: center;"><b>RESPECT</b></p> <ul style="list-style-type: none"> <li>• Respectful talk and disagreements</li> <li>• Sharing of household tasks</li> <li>• Provision of care</li> <li>• Mutual consideration</li> <li>• Supporting mutually interests</li> </ul>	<p style="text-align: center;"><b>DISRESPECT</b></p> <ul style="list-style-type: none"> <li>• Verbal explosions, criticism, name calling</li> <li>• Lack of equal household contributions</li> <li>• Dismissal of partner's needs</li> <li>• Systemic invalidation of partner's feelings, opinions and interests</li> </ul>
<p style="text-align: center;"><b>EQUALITY</b></p> <ul style="list-style-type: none"> <li>• Sense of agency and autonomy for both partners</li> <li>• Equal decision making</li> <li>• Sharing of finances</li> <li>• Sense of safety</li> <li>• Boundaries are respected</li> </ul>	<p style="text-align: center;"><b>DISEMPOWERMENT</b></p> <ul style="list-style-type: none"> <li>• Micromanaging and controlling one partner</li> <li>• Taking over decision making</li> <li>• Financial control</li> <li>• Threats and intimidating behaviours</li> <li>• Boundaries are chronically trampled/not allowed</li> </ul>
<p style="text-align: center;"><b>GOOD COMMUNICATION</b></p> <ul style="list-style-type: none"> <li>• Accepting other's point of view</li> <li>• Empathy</li> <li>• Accountability from both partners</li> <li>• Turn Taking</li> <li>• Trust and Honesty</li> </ul>	<p style="text-align: center;"><b>DISTORTION OF REALITY</b></p> <ul style="list-style-type: none"> <li>• Gaslighting</li> <li>• Taking a victim stance</li> <li>• Blame shifting</li> <li>• Being the authority on everything</li> <li>• Irrational jealousy, mistrust and lying</li> </ul>

