

The Impact of Emotional Abuse

Emotional abuse is a constellation of attitudes and behaviours that aim to maintain power and control in the relationship of one partner over the other. It involves **systemic devaluation of the partner, ongoing distortion of reality, lack of empathy and reciprocity in the relationship, and ongoing attempts to stifle the autonomy of the other.**

Psychologically	Emotionally	Physically
Loss of confidence Self-blame Chronic self-doubt Loss of trust in your own judgment Rumination and confusion Loss of sense of self Embarrassment Feeling unseen and unheard Chronically invalidated Feeling trapped	Depressed and/or emotionally numb Anxious Feeling as if you are walking on eggshells Feeling inadequate Feeling unlovable Feeling worthless Loss of motivation and/or joy Humiliated Guilt Shame Powerlessness	Fatigue/exhaustion Headaches Difficulty concentrating, fogginess Gastro-intestinal issues Sleep difficulties Feeling burned out Neurological hyperarousal Lowered immunity, chronic conditions exacerbated