

Disempower

Disrespect

- Threats, angry outbursts, using intimidation and fear
- Monitoring and micromanaging partner's daily activities

- Verbal explosions, yelling, and name-calling
- Criticism, belittling, snide remarks, and a patronising tone

- Isolating partner from family and friends
- Withholding essential support or resources

- Prolonged punitive silent treatments
- Chronic dismissal of partner's needs, feelings, and experiences

- Financial control or misuse of shared finances
- Making significant joint decisions with no input

- Unequal contributions to household tasks
- Chronic acts of omission - evasion of joint responsibilities

- Preventing partner from work or study
- Pressuring into unwanted sexual experiences

- No support provision for partner's medical needs
- Undermining partner's joy or accomplishments

- Blame-shifting and refusal to take accountability
- Positioning themselves as the true victim

- Strategic reputation damage of partner
- Disguising control as an act of care

- Using manipulation tactics – gaslighting, lying, inducing guilt
- Excessive mistrust, jealousy, and baseless accusations

- Discrediting/ weaponising partner's emotional reactions
- Acting as the “expert” on what's best for partner

The 3Ds of Emotional Abuse

Distort