

Emotional Violence

Emotional violence occurs when someone says or does something to make a person feel stupid or worthless.

Emotional violence includes, but is not limited to:

- Name calling
- Blaming all relationship problems on the person
- Using silent treatment
- Not allowing the person to have contact with family and friends
- Destroying possessions
- Jealousy
- Humiliating or making fun of the person
- Intimidating the person
- Causing fear to gain control
- Threatening to hurt oneself if the person does not cooperate
- Threatening to abandon the person
- Threatening to have the person deported (if they are an immigrant)