

Title: Emotional Abuse: Does it hurt? How to know the signs

Intro Paragraph: They say love is blind...so how do can you SEE the warning signs of emotional abuse?

Speaking Points

- Physical: With emotional abuse, you are getting kicked and hit *internally*... both physical and emotional abuse can lead you to the ER.
- Physical abuse is more apparent (bruises, marks). Emotional abuse can be challenging to recognize as it can creep in on you.
- It's a sign to explore *yourself*. When we make excuses for someone when they treat us poorly, it's a sign for our own compassionate self reflection.
- You've done nothing wrong. Sometimes there's an internal struggle with feeling we did something to deserve the treatment we're getting and we slowly began to change our habits to appease the other person.

Signs You May Be An Emotionally Abusive Relationship:

- Your normal self care routine begin to decline (eg. less going to the gym, putting on makeup, hanging out with friends)
- You begin questioning yourself often (e.g maybe I'm not as open minded as I can be, maybe i am selfish, maybe i do need to work more on myself)
- On pins and needles around your partner (unsure of when the cycle will repeat)
- Partner may require continual contact
- Name calling