

# AI-01158 Emotional vs Psychological Abuse

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What is psychological abuse? What is emotional abuse? List 20 examples of each.

## Psychological Abuse vs. Emotional Abuse

**Psychological abuse** and **emotional abuse** are often used interchangeably, but they can have slightly different connotations. Both involve the use of words, actions, or behaviors to manipulate, control, or harm another person.

### Psychological Abuse

Psychological abuse is a form of abuse that involves the use of psychological tactics to control, manipulate, or harm another person. It can involve gaslighting, isolation, intimidation, and threats.

#### 20 Examples of Psychological Abuse:

1. **Gaslighting:** Making the victim doubt their own perceptions, memories, or sanity.
2. **Isolation:** Cutting the victim off from friends, family, or social activities.
3. **Intimidation:** Using threats, physical gestures, or other tactics to make the victim feel afraid or unsafe.
4. **Blame-shifting:** Blaming the victim for the abuser's own problems or abusive behavior.
5. **Shaming:** Making the victim feel ashamed or worthless.
6. **Controlling behavior:** Trying to control the victim's thoughts, feelings, or actions.

7. **Threats:** Making threats of violence, abandonment, or other harm.
8. **Stalking:** Following, watching, or harassing the victim.
9. **Financial abuse:** Controlling the victim's finances or preventing them from working.
10. **Using the victim's children:** Threatening or harming the victim's children to control them.
11. **Monitoring the victim's activities:** Tracking the victim's movements, phone calls, or online activity.
12. **Using technology to abuse:** Using social media, email, or other technology to harass or stalk the victim.
13. **Making false accusations:** Accusing the victim of cheating, lying, or other wrongdoing.
14. **Belittling the victim's accomplishments:** Dismissing the victim's achievements or talents.
15. **Using guilt or manipulation:** Using guilt or emotional manipulation to control the victim.
16. **Playing mind games:** Engaging in confusing or contradictory behavior to keep the victim off balance.
17. **Using isolation to control:** Isolating the victim from friends and family to make them more dependent on the abuser.
18. **Using threats to control:** Threatening to harm the victim or their loved ones.
19. **Using fear to control:** Creating a climate of fear and intimidation.
20. **Using gaslighting to control:** Making the victim doubt their own reality.

## Emotional Abuse

Emotional abuse is a form of abuse that involves the use of words or actions to damage another person's self-esteem, sense of worth, or emotional well-being. It can involve criticism, insults, and threats.

### 20 Examples of Emotional Abuse:

1. **Constant criticism:** Criticizing the victim's appearance, intelligence, or abilities.
2. **Insults:** Calling the victim names or using derogatory language.
3. **Belittling the victim's feelings:** Dismissing or minimizing the victim's emotions.
4. **Gaslighting:** Making the victim doubt their own perceptions, memories, or sanity.
5. **Isolation:** Cutting the victim off from friends, family, or social activities.
6. **Intimidation:** Using threats, physical gestures, or other tactics to make the victim feel afraid or unsafe.
7. **Blame-shifting:** Blaming the victim for the abuser's own problems or abusive behavior.
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19. **Playing mind games:** Engaging in confusing or contradictory behavior to keep the victim off balance.
20. **Using isolation to control:** Isolating the victim from friends and family to make them more dependent on the abuser.