



Emotional Abuse- What are the signs?

Write your own definition for what you think emotional abuse is:

Highlight the examples of emotional abuse

- Spreading a lot of rumours about someone else
- Constantly putting someone down
- Shouting at someone
- Having a disagreement with someone
- Making someone believe they are 'the bad guy' when they aren't
- Insulting someone consistently
- Receiving constructive criticism
- Blaming someone for things they didn't do
- Drifting apart from people
- Standing up for yourself

Buzzword Redefiner

Online there is plenty of content on emotional abuse. Alongside this comes a lot of repeated words whose definitions can often be misunderstood.

Match the buzzword to the correct definition

Narcissist

A planned attempt to damage the reputation of another person by slandering their character using manipulation and gossip .

Love bombing

Trying to suck someone else back into an unhealthy relationship after a falling out or break up

Gaslighting

Someone diagnosed with this personality disorder has an exaggerated sense of self importance

Smear Campaign

People who blindly believe or support abusers and are used to cause more harm to the victim.

Flying Monkeys

Excessive Affection toward someone else that is over the top and ingenuine eg. sending lot of gifts or overly complimenting someone

Hoovering

Using threats or force (can be subtle) to persuade someone into doing something

Coercion

Where a person is made to question their own sense of reality as to have to rely completely on the abuser for clarity on situations.



Answers

Emotional Abuse is a form of abuse that involves using manipulative, non physical behaviours in order to gain control of or upset someone else.

What it isn't

Having a disagreement with someone

Receiving constructive criticism

Drifting apart from people

Standing up for yourself

Examples

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