



Emotional Abuse

Emotional abuse, also known as verbal abuse, is a specific type of abuse that one person in a relationship chooses to use as a way to control and manipulate the other person. There are a variety of ways emotional abuse may show up.

- Name calling and/or constantly criticizing
- Isolating partner from family and friends
- Monitoring partner's activities, conversations, etc.
- Attempts to control appearance
- Damaging their partner's belongings
- Humiliating partner (especially in front of others)
- Gaslighting by pretending not to understand or refusing to listen to partner; questioning partner's recollection of facts, events, or sources; trivializing partner's needs or feelings; or denying previous statements or promises
- Threatening partner, self, or loved ones
- Blaming their actions on their partner
- Being jealous of outside relationships and accusing partner of cheating
- Threatening to expose personal details, such as sexual identity or immigration status

If you believe you or someone you know is experiencing emotional/verbal abuse, or any other forms of abuse from a current or former intimate partner, contact MSU Safe Place for information and support.

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