Value

☐ The person may say they only value you for one thing; that might be your looks or ability to make money.

☐ They don’t value your emotions or feelings. They only abuse you and/or make fun of you if you are anxious, scared and/or sad.

☐ The person does not make you feel good about yourself, and you do not value yourself ever since you have been in the relationship.

☐ They are often not interested in your work or projects.

☐ They are often not interested in meeting your friends and family.

☐ They may make you feel lonely and isolated.

© Educate2Empower Publishing 2019