Am I Verbally Abusive? A Checklist for Perpetrators

Most people will have disagreements with their partner, and may occasionally lash out with words they regret. However, someone who is verbally abusive uses words on a regular basis to purposely hurt, control and isolate their partner.

If you use tactics like those listed below, you are being abusive and should seek help. **Do you:**

- **Call your partner names with the aim of upsetting, degrading, or demeaning them?**
  Example: “Look at your face – you are so ugly.”

- **Blame your partner for anything that goes wrong – even if it’s your fault?**
  Example: “If you hadn’t made me angry, I wouldn’t have done that.”

- **Use guilt as a tactic to control your partner?**
  Example: “If you ever left me, I would kill myself.”

- **Say hurtful things under the guise of ‘joking’ about your partner?**
  Example: “You’re busting out of your trousers, you’re so fat!”

- **Manipulate your partner into doing what you want?**
  Example: “If you loved me, you would...”

- **Constantly criticise everything they do?**
  Example: “You can’t do anything right, there’s something wrong with you.”

- **Put your partner down?**
  Example: “You are so useless, no one else would love you.”

- **Deny doing or saying something to create confusion?**
  Example: “I didn’t say that – you’re imagining things again.”

- **Refuse to speak to your partner for periods of time, without telling them why.”**