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in a couple ways.

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recognize my own

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She is the author of
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expertise on The
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Overview. You probably know many of the more obvious signs of mental and emotional abuse. But when you're in the midst of it, it can be easy to miss the persistent undercurrent of abusive behavior.

*64 Signs of Mental
and Emotional Abuse:*

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Emotional abuse is one of the hardest forms of abuse to recognize. It can be subtle and insidious or overt and manipulative. Either way, it chips away at the victim's self-esteem and they begin to doubt their perceptions and reality. The underlying

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goal of emotionally
abuse is to control the
victim by discrediting,
isolating, and
silencing.

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Abuse? - Verywell
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Many women who are
being emotionally
abused do not even
realize what is
happening to them.

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Many suffer from the effects of emotional abuse—depression, lack of motivation, confusion, difficulty concentrating or making decisions, low self-esteem, feelings of failure, worthlessness, and hopelessness, self-blame, and self-destructiveness—but do not understand

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what is causing these
symptoms.

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one of the most subtle

and devastating

experiences a person

can have. I meet a lot

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emotional abuse.

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other women in a bad
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