

Use this evaluation adapted from Patricia Evans, The Verbally Abusive Relationship, to help victims determine if they are experiencing verbal abuse:

- A. He/She seems irritated or angry with you several times a week or more although you hadn't meant to upset him/her. You are surprised each time. (He/she says he/she's not mad when you ask him/her what he/she's mad about, or he/she tells you in some way that it's your fault.)
- B. When you feel hurt and try to discuss your upset feelings with him/her, you don't feel as if the issue has been fully resolved, so you don't feel happy and relieved, nor do you have a feeling that you've "kissed and made up." (He/she says, "You're just trying to start an argument!" or in some other way expresses his refusal to discuss the situation.)
- C. You frequently feel perplexed and frustrated by his/her responses because you can't get him/her to understand your intentions.
- D. You are upset not so much about concrete issues--how much time to spend with each other, where to go on vacation, etc.--as about the communication in the relationship: what he/she thinks you said and what you heard him/her say.
- E. You sometimes wonder, "What's wrong with me? I shouldn't feel so bad."
- F. He/she rarely, if ever, seems to want to share his/her thoughts or plans with you.
- G. He/she seems to take the opposite view from you on almost everything you mention, and his/her view is not qualified by "I think" or "I believe" or "I feel"--as if your view were wrong and his/hers were right.
- H. You sometimes wonder if he/she perceives you as a separate person.
- I. You can't recall saying to him/her, "Cut it out!" or "Stop it!"
- J. He/she is either angry or has "no idea of what you're talking about" when you try to discuss an issue with him/her.