

The Emotional Abuse Inventory

What follows is a thirty question “Emotional Abuse Inventory” for you to fill out in a quiet, private place. Statements for the Emotional Abuse Inventory describe behaviors to which you may be prone some of the time, all of the time, or none of the time. Each one is an “I” statement and you merely record the relative frequency of truth in that statement by answering “frequently,” “sometimes” or “never.” Pay close attention to what resonates with you. Above all, be honest with yourself.

	Frequently	Sometimes	Never
I am self-centered, even when I don't want to be	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I never think of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I put myself in harm's way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I ask others to speak up for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am unavailable to my other family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can treat my friends carelessly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I let my friends take advantage of me constantly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I treat money like tap water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I participate in meaningless activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sulk, have quiet temper tantrums or moodiness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have irrational outbursts and attack others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make self-defeating choices in love, friendship and work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am unable to say <i>NO</i> to the wrong opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am unable to say <i>YES</i> to the right opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I am successful, I feel guilty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minor setbacks can look like catastrophes to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can't make decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After making a decision, I always believe I made a mistake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I try to control as much as I can in my present environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I lash out at my partner instead of communicating maturely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am somewhat elusive when it comes to intimate relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The idea of commitment terrifies me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I look for romantic partners who are unavailable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I become obsessive in pursuit of a partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I run like hell when a good opportunity in friendship, love or work comes my way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make poor investment choices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I rebel against authority figures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am sexually promiscuous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My partner has a tendency to be cruel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think yelling is normal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

To score this test, give yourself 2 points for every time you answered “frequently,” 1 point for every time you answered “sometimes” and 0 points for every time you answered “never.” If your score is over 12 points, chances are very strong that during your childhood, you experienced emotional abuse.