

# EMOTIONAL ABUSE

## TERMS YOU PERHAPS DIDN'T KNOW



### Devaluation

Criticizing and insulting the partner frequently to break their morale. Example: 'You don't earn enough,' 'Can't you cook a proper meal!'



### Stonewalling

Cutting off communication with the partner by not messaging, calling, or seeing in person.



### Gaslighting

Making the partner feel that they are wrong by lying and hiding things. Example: 'Are you stalking me?' 'You are imagining things!' 'Why do you take me wrong?'



### Projection

Showcasing you in the bad light as in you are mistaken, and they are right.



### Love Bombing

Influencing the partner with affection by showering them with gifts and talking sweetly. But then, disrespecting, putting limitations, and mistreating them.



### Triangulation

A tactic to end the partner's relationship with their family or friends. It involves lying and manipulation.

