

# HOW TO RECOGNISE THE SIGNS OF MENTAL & EMOTIONAL ABUSE

Jealousy

Saying you have  
no sense of humor

Using guilt

Deny and deceive

Trivialising

Denying their  
abuse

Accusing you  
of abuse

Goading then  
blaming

Blaming you for  
their problems

Destroying and  
denying



# Emotionally Abused Woman

**RM Cervero**



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