

DV Emotional Abuse BINGO

Shifting the burden of monitoring one's own emotional state to partner	Alternating punishment and reward	Degradation of partner	Moving goalposts or changing rules	Impulsively reacting to control partner
Cultivating of anxiety and despair Of partner	Requiring total compliance during disagreements	Interpreting harmless behavior from partner as a deliberate personal attack	Bashing partner emotionally	Monopolizing partner's perception
Requiring partner to be endlessly nurturing and patient	Throwing things in partner's presence	Punishing Partner Financially	Bashing things (not partner)	Explosion-remorse-promises & pursuit-false honeymoon-tension-stand over-explosion
Hostility while needing and demanding emotional support	Raising voice at partner	Identifying rigidly as the victim	Entitlement	Inducing debility or exhaustion of partner
Enforcing of trivial demands	Calling partner names	Isolating partner	Yelling at partner	Cursing

DV Emotional Abuse BINGO

Throwing things in partner's presence	Bashing partner emotionally	Moving goalposts or changing rules	Cultivating of anxiety and despair Of partner	Interpreting harmless behavior from partner as a deliberate personal attack
Degradation of partner	Yelling at partner	Impulsively reacting to control partner	Calling partner names	Monopolizing partner's perception
Hostility while needing and demanding emotional support	Bashing things (not partner)	Punishing Partner Financially	Explosion-remorse-promises & pursuit-false honeymoon-tension-stand over-explosion	Alternating punishment and reward
Entitlement	Isolating partner	Shifting the burden of monitoring one's own emotional state to partner	Cursing	Raising voice at partner
Identifying rigidly as the victim	Inducing debility or exhaustion of partner	Requiring partner to be endlessly nurturing and patient	Requiring total compliance during disagreements	Enforcing of trivial demands

DV Emotional Abuse BINGO

Calling partner names	Isolating partner	Bashing partner emotionally	Inducing debility or exhaustion of partner	Bashing things (not partner)
Shifting the burden of monitoring one's own emotional state to partner	Hostility while needing and demanding emotional support	Identifying rigidly as the victim	Requiring total compliance during disagreements	Impulsively reacting to control partner
Requiring partner to be endlessly nurturing and patient	Cursing	Punishing Partner Financially	Raising voice at partner	Entitlement
Throwing things in partner's presence	Monopolizing partner's perception	Moving goalposts or changing rules	Yelling at partner	Degradation of partner
Explosion-remorse-promises & pursuit-false honeymoon-tension-stand over-explosion	Alternating punishment and reward	Interpreting harmless behavior from partner as a deliberate personal attack	Cultivating of anxiety and despair Of partner	Enforcing of trivial demands