

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	FREE	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

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