

## ***How to recognize signs of emotional abuse***

**Olivia: Hey, I'm so glad you picked up! I've been calling you for months, haven't you been getting my calls?**

Emma: Hey, yeah...I'm sorry about that, things have just been really busy for me.

**Olivia: Oh, that's okay, I just miss you. Update me on what's keeping you so busy.**

Emma: Oh, you know, just the usual: wake up, make breakfast, work, clean the house, cook dinner, sleep and do it all over again.

**Olivia: Huh, it sounds like you're spending a lot of your time at home now. It's not like you to stay at home all the time. Where've you been?**



Emma: Yeah, I don't know, I'm not really allowed... [pauses]. I mean, I guess I just don't have that much interest in going out anymore.

**Olivia: Wait, were you going to say you're not *allowed* to go out?**

Emma: I mean, isn't that kind of normal?

**Olivia: I'm confused, is what normal? Not going out, or not being allowed to?**

Emma: I guess both.

**Olivia: No, that's not normal at all. What is going on? Is everything OK between you and James?**

Emma: Well, I guess things just kind of changed between us. Everything started off so great the first few months that we were together. Things changed when I

became friends with a male colleague. James was upset that I went for lunch one day with him and accused me of cheating on him and he threatened to break up with me. He began checking my phone and he even showed up at my work a couple of times unannounced. I never gave him a reason not to trust me, but he somehow found a way to make me feel like I was doing something wrong. So, I ended up talking to my boss and found a way to work primarily from home.



**Olivia: What? You don't go into work anymore? You love being at your job.**

Emma: Yeah, I know but I can still get my work done from home. It's just lonely at times.

**Olivia: That sounds horrible. Why are you staying with him?**

Emma: I love him, and it's not that bad. I mean, it's not like he hits me, you know?