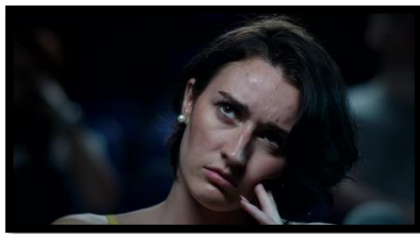


SURVIVING ABUSE NETWORK

Was I Really Abused? Check List

By Mickie Zada



You are an abuse survivor, but do you sometimes wonder “was I really abused?” or “did I over-react, like my partner says?”

You’re in good company!

Most of us who lived in abuse didn’t accept our reality for years. Even long after we’ve escaped and began creating our safe and happy new lives, we continue to question ourselves, our thoughts, opinions and perceptions about our abuser’s behavior toward us.

It’s normal for women living in domestic abuse to make excuses for our abusers. It’s typical for us not to want to really admit that we lived in abuse...then we wonder if it was really ABUSE that we experienced.

In a word (*well, 3 words...*) *Yes, it was!*

Are you looking for validation that you really were abused?

Here’s a check list for your review. Highlight statements that you experienced or color code those that strongly resonate with you. (I’ve used **red** for the ones that make me furious to recall.)

Which of these statements feels familiar?

1. He never hit me, was I still abused?
2. He was controlling
3. He never admits he’s an abuser...he denies his behavior
4. He didn’t let me visit my family; every holiday was spent with his family
5. I wasn’t allowed to have friends
6. I had to check in with him when I was not at home or work

7. I walked on eggshells around him



8. I constantly paid careful attention to what I said and how I said it
9. I was afraid to voice my opinion
10. I lied about things I knew would create a fight
11. I lied to my friends about why I couldn't go shopping, to a coffee shop, etc
12. I lied to my husband about our kids' behavior to avoid a fight or escalation of danger
13. I wore my hair very short so it couldn't be grabbed easily
14. I was an outstanding antenna for his ever-changing moods
15. I allowed his poor behavior toward me without objection, hoping it wouldn't escalate
16. He didn't talk to me for days at a time
17. His energy toward me was hostile, even when no words were spoken
18. He blamed me for every negative thing that happened in his life
19. He blamed me for his anger toward me
20. He apologized for his abuse, promised it won't happen again. It always did
21. He cried when I did not accept his excuses for his damaging behavior toward me



22. He said I picked on him
23. He gave me a very small allowance and I had to account for where it's spent, even when I earned as much family income as he did
24. He went out with his friends, I was not allowed to have friends and certainly not go out for an evening
25. His priorities were my priorities, his opinions were my opinions
26. I was expected to wait on him, to meet his every need

27. I was expected to be submissive, wear clothes he chose, wear my hair long
28. I was "his voice" in conflict with others...his words came out of my mouth
29. I heard myself say "he won't let me"
30. I hid his behavior and denied to friends that he cussed at me, hit me, called me names, threw me around
31. I made excuses for why we did not attend neighborhood gatherings or accept invitations to neighbor's dinners

If you identify with even one of the behaviors on this list, you did live in abuse.

The great news is that you are a Survivor!

How do I know that? Because you requested this check list. You are investing time in and attention to your recovery.

There are many resources to support your Journey. Here are a few:

www.SurvivingAbuseNetwork.com

Download podcasts and blog posts produced and written strictly for survivors of abuse.

<https://www.facebook.com/Surviving-Abuse-Network-137284130241322/>

Connect with other abuse survivors in our Surviving Abuse Network face book page
We also offer a SECRET face book group, also titled Surviving Abuse Network
Approval is required for access to the secret group

<https://www.facebook.com/mickie.zada/videos/10212131493465794/>

Face book live videos every Sunday and Wednesday evenings at 7:30 Eastern Time
Discover why society protects abusers...it's called Collective Collusion.

<https://medium.com/me/stories/public>

Short articles about surviving abuse

<https://www.facebook.com/mickie.zada/videos/10212071847334678/>

Join the conversation: post #1in4domesticabuse

[Individual coaching is available.](#)

As your Coach, my role is to create an environment that focuses entirely on your fulfillment, balance and process. Coaching relationships are safe harbors for personal growth and forward motion. Call for details. I look forward to talking with you!

Please, join the conversation. Abuse IS real and we don't have to live with it!

Questions or Comments? Give me a call at 417-294-0238.

Thanks!

Mickie Zada