

# EMOTIONAL ABUSE

What people often see of the abuser



SocialWorkersToolbox.com

## The truth

- Emotional abuse often looks normal from the outside.
- The person causing harm may seem kind to others.
- Abuse is about control, not anger.
- If it makes you feel afraid, confused, or smaller, it is abuse.
- It is not your fault.

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

[WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

Free social work  
resources for  
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY  
UP TO DATE WITH NEW DOWNLOADS:

Free  
social work  
resources for  
direct work



**Social Work Tools and Resources  
- Free; Socialworkerstoolbox.com**

©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook page using the share button.