



Please review your answers and count the “sometimes” and “frequently” selections. If there are more than two then you will need to face the fact that power and emotional violence is systematically present in your relationship. It is important to know about this, not only because it is detrimental and painful to be with someone who hurts you, but also because people abusing their partners physically or sexually always prepare with emotional violence for their later actions. If this test has reinforced your suspicion that your relationship is not alright then you should ask for support and think about your options. There is one thing you can be sure about: the relationship will not turn better. Emotional violence never disappears but gets worse over time.

It is important for you to know that occasionally hurting a partner is not the same as abuse. (This cannot be applied to physical or sexual violence which are always abusive. If your partner has abused you in this way even once, you are in serious danger and should look for help as soon as possible.) It can happen sometimes to everyone, that due to impatience or exhaustion they say or do something hurtful. In a good relationship these happen rarely; it can be talked through later, and discussion resolves the conflict. Meanwhile the foundation of emotional violence is one-sidedness and regularity, which lets one side use emotions to rule the other.

What regularity means is that your partner tries to persuade you to yield to his will methodologically and by using repeated actions. It happens often that he acts like you are not able to make independent decisions and manages you as if you were an “idiot” or an unreliable child. It may happen that he threatens you when you try to leave him. Maybe he changes immediately and makes promises and tries to persuade you to stay with him. Sometimes he is nice and sweet with you – only to keep your hopes up.

It is worth reviewing the titles of each group of questions, and think about which type of violence you most often suffer from. The above methods are all about maintaining rule over another person. In prisons, concentration camps and war camps they often use these techniques deliberately to break the psychological resistance of prisoners. Applying these techniques is also called brainwashing.

Why is brainwashing needed? It is because not even people in captivity can be totally controlled. The bars and the guards only provide external confinement. In order to control someone the thoughts and the soul also need to be controlled. This is most easily done by persuading the person to feel weak and insignificant. People who are frightened, and who feel incapable and worthless, do not try to change their situation, no matter how bad it is. If the above is true in your case, then most probably it is caused by your partner. You may also be the victim of brainwashing.

Probably your partner does not do this deliberately. Maybe he doesn't even admit to himself that what he does is brainwashing and emotional violence. Maybe he says that he behaves this way to protect you and show his love. You need to know this though: love is not a feeling, but a behaviour. If someone says he loves us but his words and actions humiliate us, cause pain, and make us feel small and weak, then it is not love. Care should not only show up in words but first and foremost in behaviour.

Since July 1, 2013 the Hungarian criminal code identifies, among others, psychological and economic violence as domestic violence. (Criminal Code of Hungary, 212/A. § (1) a) and b)). Victims have the right to be free of their isolation, and to be able to talk openly about their problems without fear or shame. If you suspect that your relationship includes psychological violence, take this brochure to discuss it with a reliable relative, friend or expert who understands your situation, does not blame you, and will help you think through your options. If you want to discuss this with your partner, prepare yourself that he may react with hostility or violence. **If you do not have anyone who would support you in your surroundings then do not hesitate to reach out to NANE Association's hotline.**

#### Helpline for abused women and children +36 80 505 101

Monday, Thursday, Friday 18-22H, Tuesday 10-22H, Wednesday 12-16H

General emergency number: 112

Police: 107

Please support the work of the NANE Women's Rights Association!

Tax Identification Number: 1806033-1-42

Bank account number: 16200010-10045143 (MagNet Bank)

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# EMOTIONAL VIOLENCE

WHO DIAGNOSES THE  
SCARS OF THE SOUL?

(ÉVA ANCSÉL)

**HOTLINE**  
FOR ABUSED  
WOMEN AND CHILDREN  
**06 80 505 101**  
MON, THU, FRI 18-22H, TUE 10-22H, WED 12-16H  
www.nane.hu • www.nokjoga.hu

**NANE**  
WOMEN'S RIGHTS ASSOCIATION





# TEST

## IS EMOTIONAL VIOLENCE PRESENT IN MY RELATIONSHIP?

Has your partner ever made you feel bad without hitting you? Have you ever considered yourself to be the cause of his behaviour? If so, this brochure may help you see things clearer. The following questions may help you determine whether your relationship is only working badly or, whether your partner is abusing you, and that you are a victim of emotional violence.

Mark how often the below-mentioned events occur: "frequently", "sometimes" or "never".

### isolation

- > Does your partner get angry when you chat or talk on the phone with others? F S N
- > Does he read your mails, messages, or even demand to know your passwords? F S N
- > Does he keep you away from your friends? F S N
- > Does your partner get suspicious if you get home later than promised? F S N
- > Does he demand that you're always home when he's at home? F S N

### constant worries

- > Are you worried that your partner will criticize your makeup or dress? F S N
- > Do you regularly ask for his approval before meeting someone or leaving from home? F S N
- > Do you try not to say anything which would anger your partner? F S N
- > When in his company, do you feel as if you're "walking on thin ice"? F S N

## FREQUENTLY - F SOMETIMES - S NEVER - N

### humiliation, oppression

- > Does he ever call you stupid, "bitch" or other demeaning names? F S N
- > Does he ever explain publicly what's "wrong" with you? F S N
- > Has he ever convinced you to do something you felt ashamed of? F S N
- > Does he ever say that "no one else would want you anyway"? F S N

### threats

- > Does he ever threaten to leave you? F S N
- > Has he ever told you that he will go mad, take away your children, or commit suicide if you leave him? F S N
- > Has he ever prohibited you from going somewhere because you hadn't obeyed him? F S N
- > Has he ever threatened to beat you if you don't obey him? F S N

### feeling sick and tired

- > Has it ever happened that he wouldn't give you any peace until you told him all about your previous relationships? F S N
- > Are you sometimes totally exhausted from trying to please your partner? F S N
- > Do you sometimes feel sick without knowing exactly what you have, or suffer from psychosomatic symptoms? F S N
- > Are there tasks which you find more difficult to perform now than before the beginning of your relationship? F S N

### demands

- > Does your partner demand that the food is served on the table punctually, to the minute? F S N
- > Does he require that your flat be always perfectly clean and orderly? F S N
- > Does he demand detailed reports on where you've been, whom you've met, and what you've spent money on? F S N

### ambivalence (flattery and threats)

- > Does it happen that after your partner behaves rudely, he becomes the embodiment of kindness? F S N
- > Does it happen that he hits you, then brings you a present, or takes you out to dinner? F S N
- > When you decide to leave him, does he vow to change? F S N

### "driving you crazy"

> Your partner says one thing one day, then the exact opposite the next. He lies about irrelevant issues, then later claims you are crazy and are only making these things up. He is totally confusing you. You might even start to think you are crazy.

Do such things happen to you? F S N

### neglect and disregard

> Your partner does not listen to you when you talk to him and does not answer any of your questions. He does not care about your successes, thoughts or feelings. He never talks about his own plans, thoughts or feelings. He deliberately hinders your studies or work, and does not give you money to buy food or care for the children.

Do such things happen to you? F S N

