



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Checklist

Leaving a relationship does not always mean the abuse or control stops.

For many survivors, emotional pressure, intimidation, manipulation or controlling behaviour can continue after separation.

This is often known as post-separation abuse.

These behaviours can be subtle, emotionally exhausting and difficult to explain to others.

This checklist is designed to help identify patterns that may be affecting emotional safety, stability or wellbeing after a relationship has ended.

1. Ongoing Emotional Pressure

Does the other person:

- ☐ Continue contacting you excessively?
- ☐ Use guilt, blame or emotional manipulation after separation?
- ☐ Alternate between kindness and hostility?
- ☐ Create emotional confusion or instability?
- ☐ Pressure you to remain emotionally available?
- ☐ Make you feel responsible for their emotions or wellbeing?

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Registered Address: c/o RISC, 35-39 London Street, Reading, RG1 4PS

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2. Fear, Anxiety & Hypervigilance

Do you:

- ☐ Feel anxious when receiving messages or calls from them?
- ☐ Feel emotionally tense before or after contact?
- ☐ Overthink interactions afterwards?
- ☐ Feel unable to fully relax emotionally?
- ☐ Feel hyper-alert to possible conflict or reactions?
- ☐ Feel emotionally exhausted by ongoing contact?

3. Control & Intimidation

Does the other person:

- ☐ Ignore or push boundaries repeatedly?
- ☐ Create unnecessary conflict or stress?
- ☐ Use intimidation, pressure or threats?
- ☐ Monitor or question your movements or personal life?
- ☐ Try to maintain emotional control after separation?
- ☐ Use guilt, fear or obligation to influence your decisions?

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4. Children & Co-Parenting Concerns

If children are involved, does the other person:

- ☐ Use children to maintain emotional access or control?
- ☐ Create conflict around parenting arrangements?
- ☐ Ignore agreed routines or boundaries?
- ☐ Use communication about children to create stress or tension?
- ☐ Attempt to undermine your parenting confidence?
- ☐ Leave you feeling emotionally drained after co-parenting interactions?

5. Emotional & Practical Impact

Have you:

- ☐ Felt emotionally overwhelmed since separation?
- ☐ Struggled to rebuild stability or confidence?
- ☐ Felt emotionally trapped despite the relationship ending?
- ☐ Felt exhausted by ongoing emotional pressure?
- ☐ Avoided things out of fear of conflict or reaction?
- ☐ Felt like the emotional stress has continued after leaving?

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Reflection

Post-separation abuse is not always loud or obvious.

Sometimes the impact comes from repeated emotional pressure, intimidation, unpredictability or ongoing stress over time.

Many survivors continue experiencing:

- Anxiety
- Hypervigilance
- Emotional exhaustion
- Fear of conflict
- Nervous system overwhelm

long after the relationship has physically ended.

Important Reminder

You do not need to stay in constant emotional stress simply because a relationship has ended.

Your emotional safety, peace and wellbeing matter.

Support & Further Resources

If this checklist feels familiar, support and understanding are available.

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Turning silence into understanding through lived experience.

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