



Trauma-informed support for survivors rebuilding after abuse

A Self-Reflection Checklist

Coercive control is not always obvious.

It often develops gradually through emotional pressure, manipulation, intimidation or controlling behaviour repeated over time.

This checklist is designed to help people reflect on behaviours or patterns that may be affecting emotional safety, confidence or independence.

You do not need to experience every sign for a situation to feel unhealthy or emotionally harmful.

1. Emotional Safety & Fear

Do you:

- ☐ Feel like you constantly walk on eggshells?
- ☐ Feel anxious about upsetting the other person?
- ☐ Rehearse conversations in your head beforehand?
- ☐ Overthink interactions afterwards?
- ☐ Avoid expressing feelings to prevent conflict?
- ☐ Feel emotionally tense or hyper-alert around them?

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2. Control & Manipulation

Does the other person:

- ☐ Try to control where you go or who you spend time with?
- ☐ Become angry, jealous or suspicious without reason?
- ☐ Pressure you to respond quickly or constantly check in?
- ☐ Use guilt to influence your decisions?
- ☐ Ignore or disrespect your boundaries?
- ☐ Make you feel responsible for their emotions or reactions?

3. Confidence & Self-Trust

Do you:

- ☐ Second-guess yourself more than you used to?
- ☐ Apologise constantly even when you are hurt?
- ☐ Feel emotionally confused after disagreements?
- ☐ Question your memory, instincts or judgement?
- ☐ Feel like you have become less confident over time?

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- ☐ Feel emotionally drained after interactions?

4. Isolation & Independence

Have you:

- ☐ Pulled away from friends or family?
- ☐ Stopped doing things you once enjoyed?
- ☐ Felt guilty for spending time away from the relationship?
- ☐ Become more emotionally dependent on the other person?
- ☐ Changed your behaviour to avoid upsetting them?
- ☐ Felt like your world has become smaller over time?

5. Communication & Conflict

Does conflict often involve:

- ☐ Blame or criticism?
- ☐ Silent treatment or emotional withdrawal?
- ☐ Being told you are “too sensitive”?
- ☐ Feeling emotionally unsafe expressing yourself?

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- ☐ Fear of how the other person will react?
- ☐ Feeling emotionally exhausted afterwards?

Reflection

If several of these statements feel familiar, it may be helpful to explore the impact the relationship or situation is having on your emotional wellbeing, confidence and sense of safety.

Coercive control can affect people gradually over time.

Many survivors do not immediately recognise the emotional impact because the behaviour often becomes normalised.

Important Reminder

You do not need physical violence for a situation to feel emotionally harmful, controlling or unsafe.

Your emotional safety matters.

Support & Further Resources

If this checklist feels familiar, support is available.

You deserve relationships and environments where your wellbeing, independence and emotional safety are respected.

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