



Are You in a Covertly Abusive Relationship?

This quiz is designed for those who sense something is **off** but can't quite explain it. These questions point to behavioral patterns often found in covert emotional abuse, especially from partners with covert narcissistic traits. Your answers won't diagnose anyone—but they can validate your experience and help you take the next step.

Instructions:

Answer the following 20 questions honestly. Circle what most often applies in your situation.

1. Do you often feel confused after conversations, as if you need to replay them to make sense of what happened?

- Yes / No / Sometimes

2. Does your partner give you subtle digs or backhanded compliments that leave you feeling "off," but you're not sure why?

- Yes / No / Sometimes

3. Do they make you feel like you're overreacting or too sensitive when you express how something made you feel?

- Yes / No / Sometimes

4. Do you apologize constantly—even when you're not sure what you did wrong?

- Yes / No / Sometimes

5. Have they ever told you that other people agree with them about how difficult or dramatic you are?

- Yes / No / Sometimes

6. Do they withdraw affection or communication when you don't agree with them?

- Yes / No / Sometimes

7. Do you feel like you're walking on eggshells more often than not?
- Yes / No / Sometimes
8. Do you downplay your achievements or excitement because you know it'll trigger something negative in them?
- Yes / No / Sometimes
9. Have you stopped sharing things with friends or family because you're afraid your partner will find out and get upset?
- Yes / No / Sometimes
10. Have they accused you of being the narcissist or abuser?
- Yes / No / Sometimes
11. Do you find yourself constantly trying to "prove" you're a good person?
- Yes / No / Sometimes
12. Have you lost interest in things you used to love—or even forgotten who you were before this relationship?
- Yes / No / Sometimes
13. Do they often play the victim, even when they've clearly hurt you?
- Yes / No / Sometimes
14. Do they seem like a completely different person in public vs. at home?
- Yes / No / Sometimes
15. Do they withhold information, lie by omission, or give you just enough truth to create doubt?
- Yes / No / Sometimes
16. Do they act offended or distant when you ask for emotional support?
- Yes / No / Sometimes
17. Do you find yourself trying to anticipate their reactions and adjust your behavior to avoid conflict?
- Yes / No / Sometimes
18. Have friends or family expressed concern, but you defended your partner anyway?
- Yes / No / Sometimes
19. Do you feel emotionally drained, like no matter what you do, it's never enough?
- Yes / No / Sometimes

20. Have you googled things like “signs of gaslighting,” “emotional abuse,” or “is he a narcissist?” more than once?

- Yes / No / I’m here now, aren’t I?

Understanding Your Results:

- **Mostly Yes:** You are likely in a covertly abusive relationship. What you’re experiencing is real—and you’re not alone. It’s time to stop justifying or minimizing and start reclaiming your voice.
- **Some Yes / Some No:** You're picking up on dysfunction - and your gut is asking you to pay attention. The subtle nature of covert abuse means it can go undetected for years. Trust your intuition.
- **Mostly No:** That’s a good sign - but stay aware. If you’re still feeling uneasy or doubting yourself, there may be other subtle dynamics at play worth exploring.

Want to learn more and dig deeper? Maybe you are tired of repeating the same relationship cycles over and over, and now you're truly ready to do the hard work to change your future. It's not easy deprogramming what has made you tolerate this type of behavior, but it is possible.

Visit www.unboundfromcovertabuse.com to explore and learn more about what has really been going on and to receive validation about why you feel the way to do.

