Tactics

2 Kinds

Title	Title

Never = 0 **Sometimes = 1** **Often= 2**

Criticism & Belittling	1	2	3	4	5	T
	6	7	8	9	10	
Manipulating & Gaslighting	11	12	13	14	15	T
	16	17	18	19	20	
Isolation & Control	21	22	23	24	25	T
	26	27	28	29	30	
Emotional Withholding	31	32	33	34	35	T
	36	37	38	39	40	
Intimidation & Threats	41	42	43	44	45	T
	46	47	48	49	50	

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