

# *7 Hidden Signs of Emotional & Spiritual Abuse*

A Faith-Centered Clarity Workbook for  
Women Seeking Truth in Their Relationships



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## 7 Hidden Signs of Emotional & Spiritual Abuse

*A Faith-Centered Clarity Workbook for Women Seeking Truth in Their Relationships*

By Kingdom Endowment Consulting

✨ *“You will know the truth, and the truth will set you free.” — John 8:32*

# *WELCOME PAGE*

## *Welcome, Beautiful Sister,*

If you are here, something inside you is asking questions...

- “Is this normal?”
- “Why do I feel so confused?”
- “Why do I feel like I’m losing myself?”
- “Am I overreacting... or is something wrong?”

Let me gently tell you this:

**Your questions are valid.**

**Your feelings matter.**

**And clarity is the beginning of your healing.**

Emotional and spiritual abuse often doesn't look like what we expect.

It can be subtle. Confusing. Even wrapped in words that sound like love... or faith.

But God is not the author of confusion.

This workbook is your safe space to begin seeing clearly.

✨ You are not crazy.

✨ You are not overreacting.

✨ You are awakening.

# *7 Hidden Signs of Emotional & Spiritual Abuse*

HOW TO USE THIS WORKBOOK

## *Your Clarity Journey*

This is not just something you read—this is something you **experience**.

As you move through each section:

- ✓ Read each sign slowly
- ✓ Reflect honestly (no judgment)
- ✓ Write your thoughts freely
- ✓ Pause if emotions rise—this is part of healing

There is no rush. Only truth.

## *7 Hidden Signs of Emotional & Spiritual Abuse*

### THE 7 SIGNS

Emotional and spiritual abuse often leaves no visible scars—but its impact is deep. Recognizing these signs is not about labeling—it's about **regaining clarity, reclaiming truth, and beginning the journey toward healing and wholeness.**

### ***SIGN #1: You Constantly Doubt Yourself***

#### ***What This Looks Like:***

You second-guess your memory, your feelings, and even your reality.

You may hear things like:

- “That never happened.”
- “You’re too sensitive.”
- “You’re remembering it wrong.”

Over time, this creates confusion and self-doubt.

#### ***Truth to Remember:***

God gave you discernment. Your voice matters.

## 7 Hidden Signs of Emotional & Spiritual Abuse

### *Reflection:*

When did I first begin doubting myself?

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What situations make me question my reality?

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What do I know is true, even if I've been told otherwise?

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***SIGN #2: Your Voice Feels Silenced***

***What This Looks Like:***

You feel dismissed, ignored, or talked over.

Your feelings are minimized or turned against you.

***Truth to Remember:***

Your voice was given to you by God—it deserves to be heard.

***Reflection:***

Do I feel safe expressing my thoughts?

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What happens when I disagree?

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When was the last time I felt truly heard?

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***SIGN #3: Love Is Used as Control***

***What This Looks Like:***

Affection is conditional.

Love is given when you comply—and withdrawn when you don't.

***Truth to Remember:***

Real love is not manipulation. It is patient, kind, and not controlling.

***Reflection:***

When do I feel most "loved" in this relationship?

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Is love ever used to influence my behavior?

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How does this make me feel emotionally?

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***SIGN #4: You Feel Isolated***

***What This Looks Like:***

You are distanced from friends, family, or support systems.

***Truth to Remember:***

Healthy relationships do not isolate—they support connection.

***Reflection:***

Have I lost connections since this relationship began?

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Do I feel encouraged or discouraged to maintain relationships?

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Who do I miss?

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***SIGN #5: Scripture Is Used to Shame or Silence You***

***What This Looks Like:***

Biblical principles are twisted to control, dominate, or silence you.

***Truth to Remember:***

God's Word brings freedom—not bondage.

***Reflection:***

Have I felt condemned or controlled using scripture?

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How does this differ from what I know about God's love?

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What does God's truth say about me?

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***SIGN #6: You Feel Responsible for Their Behavior***

***What This Looks Like:***

You feel like everything is your fault—even their anger, actions, or choices.

***Truth to Remember:***

You are not responsible for someone else's behavior.

***Reflection:***

What do I blame myself for?

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What have I been told is my fault?

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What truth challenges that belief?

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***SIGN #7: You Feel Emotionally Exhausted All the Time***

***What This Looks Like:***

You feel drained, anxious, overwhelmed, or constantly “on edge.”

***Truth to Remember:***

God offers peace—not constant turmoil.

***Reflection:***

How do I feel emotionally on a daily basis?

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When do I feel the most drained?

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What does peace look like for me?

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## ***MY CLARITY MOMENT***

### ***Pause... and Reflect***

This is your moment of truth.

Take a deep breath.

Let's process what God is revealing to you.

#### ***Questions:***

Which of these signs resonated with me most?

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What emotions am I feeling right now?

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## *7 Hidden Signs of Emotional & Spiritual Abuse*

What truths have I been ignoring?

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What is God showing me in this moment?

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## EMOTIONAL CHECK-IN

### *Name What You Feel*

Healing begins when we acknowledge what's inside.

Check or write what you feel:

- Confused
- Sad
- Angry
- Relieved
- Scared
- Overwhelmed
- Seen
- Other: \_\_\_\_\_

### ***Prompt:***

“What I’m realizing about my situation is...”

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## ***NEXT STEPS: YOUR PATH FORWARD***

### ***You Are Not Alone***

If this workbook helped you recognize what you couldn't name before...

That is not weakness. That is clarity.

And clarity is the beginning of freedom.

### ***Your Next Step Matters***

You don't have to figure everything out today.

Just take one step.

#### ***Choose One:***

- ✓ Talk to someone you trust
- ✓ Begin journaling daily
- ✓ Create a safe emotional plan
- ✓ Seek faith-based guidance

***FINAL PAGE***

A Declaration of Truth

"I am no longer confused.

I walk in clarity.

I trust what God is revealing to me.

I am worthy of peace, truth, and healthy love."

# *In Closing*

Kingdom Endowment Consulting invites women to explore the often invisible wounds of emotional and spiritual abuse. This workbook provides a compassionate space for self-reflection and clarity, helping you, the reader, recognize the signs of abuse while reaffirming your worth and the truth of God's love. Begin your journey towards healing and reclaim your voice as you discover the freedom that comes from understanding and embracing your emotions.