

Self-Reflection Checklist: Noticing When Something Feels Wrong

This checklist is designed to help you pause and reflect on your experiences. **You do not need to answer YES to everything for your feelings to be valid.** Even one YES can be a sign that something deserves your attention.

1. Emotional and Psychological Checklist:

- Do you feel anxious or tense** when you receive messages, notifications, or calls?
- Do you feel nervous about posting online**, even when you used to enjoy it?
- Do you feel embarrassed, ashamed, or “at fault”** for someone else’s behaviour?
- Do you feel watched or monitored**, even when you’re alone?
- Do you feel confused** because the person harming you also says they are “helping”?
- Do you feel pressured to respond immediately**, even when you don’t want to?

2. Behavioural Checklist:

- Have you changed how you use your phone or apps** because someone’s reactions make you uncomfortable?
- Do you avoid certain platforms or conversations** because they no longer feel safe?
- Do you delete posts or messages** to avoid upsetting someone?
- Do you check your devices repeatedly** for signs of tampering or monitoring?
- Do you feel the need to hide your online activity** from someone who might react negatively?

3. Social and Relationship Checklist:

- Have you pulled away from friends or family** because someone makes you feel guilty for talking to them?
- Do you feel isolated**, even when you’re connected online?
- Has someone told you that you “don’t understand technology”** and should let them control your devices?

Chapter 5: Recognizing TFGBV When it's Happening to You

Has someone discouraged you from using assistive technology or made you feel incapable of managing it?

Have you felt like being alone more often, because someone has made you feel sad or scared?

4. Physical and Daily Life Checklist:

Are you having trouble sleeping, focusing, or enjoying things you normally like?

Do you feel tired or overwhelmed after interacting with someone online?

Do you notice physical reactions, like a racing heart, stomach discomfort, or shaking, when you use your technology, or when receiving certain notifications?

5. Technology-Related Checklist:

Has someone logged into your accounts without your permission?

Do you notice settings changed on your phone, apps, or assistive devices?

Do you notice money missing from your bank accounts?

Do you notice that there are messages sent from your device or accounts, that you don't remember sending?

Do you feel unsure whether your location or messages are being monitored?

Has someone taken away your device, or insisted on “managing” it for you?