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Updated 08/13/2024 That old saying you dont have to hit to hurt is not wrong. Abuse doesnt always involve physical violence. Language can be a way for an abuse to hurt and control their victim. Verbal abuse is a form of psychological abuse or emotional abuse that involves spoken and written words and, sometimes, even body language like gestures. Verbal abuse manifests through various harmful behaviors, such as constant insults, belittling comments, and derogatory remarks, meant to undermine ones confidence. It includes tactics like the silent treatment, manipulative threats, and efforts to isolate the victim from friends and family. It can also involve indirect, non-verbal aggression such as slamming doors, throwing objects, and damaging personal belongings to intimidate. Learn more about the signs, examples, and effects of verbal abuse. Many verbally abusive behaviors, such as shouting or name-calling, have historically been downplayed or normalized. Even if a victim of verbal abuse is in pain, they may be told theyre overreacting to the point that they believe it. If a relationship with someone in your life is consistently making you feel anxious or bad about yourself and the words being used are tearing you down, its possible that youre being verbally abused. Common warning signs of verbal abuse may include any of the below. Name-calling Excessively using insults or calling someone to stop calling you a name and theyve ignored your request, theyre being verbally abusive. Example: While an abuser might scream out hurtful words like worthless or idiot during an argument, even supposedly playful nicknames and insults can be abusive if theyre hurtful. Criticism can be constructive, but it can also be a way for an abuser to damage your self-esteem. Its common for abusive people to use harsh, constant criticism toward their target. Example: An abuser might say that theyre just being honest or blunt or claim that their hurtful words are just a joke, but if youre repeatedly being judged or critiqued, thats not constructive or kind its verbal abuse. Degrading Its common for verbal abusers to use demeaning, degrading language to chip away at a victims self-esteem. When you feel worthless or ashamed of yourself, it can make you feel like you need your abuser, which is exactly what their goal is. Example: They might publicly rebuke you for a mistake, embarrass you in private, or spread rumors to intentionally damage your reputation. Threatening Even if an abuser doesnt hurt you physically, they can use words to make you fear physical harm. Other types of threats, including threats to fire you, leave you, or embarrass you publicly, are also abuses. Example: An abuser may use threats as a way to manipulate you into behaving a certain way. Screaming/yelling may be common, when used in excess, it can be a form of abusive behavior, especially if it happens regularly. Example: Not only can screaming be a form of intimidation, but it can also create a chaotic environment that leaves you feeling constant anxiety. Gaslighting Abusers may misrepresent or lie about past events to make you question your own memory. This form of abuse is called gaslighting. Over time, it can make you feel as though youre losing your mind or like you cant trust your own judgment. Example: When verbal abuse includes claims that youre lying, wrong, misunderstanding, or remembering things incorrectly, you might be the victim of gaslighting. Manipulating A verbal abuse may use manipulative language to pressure a target into doing things theyre not comfortable with. Example: Guilt-tripping is a common form of manipulative may also try to blame you for their own hurtful actions. Verbal abuse chips away at how you feel about yourself and has a significant impact on your life. In my work with clients over many years, Ive seen the pain of being criticized, put down, yelled at, subtly manipulated, or threatened take a toll on functioning, mental health, and relationships with family and friends. Its incredibly confusing and leaves invisible scars. Therapy can help work towards healing from verbal abuse. Talkspace therapist Jill Daino, LCSW-R, BC-TMH Any relationship whether its familial, professional, or romantic has the potential to be verbally abuse is common in relationships. While abusive partners are often charming and affectionate when a relationship starts, they may begin to insult, threaten, and yell at their partner as the relationship progresses. If you feel like you have to walk on eggshells around your partner to keep them happy, you should look for the warning signs of a verbally abusive relationship. While oftentimes people think of verbal abuse within intimate partner relationships, its important to recognize that this occurs within families, from friends, or in the workplace, and it is not OK, no matter where it occurs. Abuse is abuse and there is no excuse for it. Talkspace therapist Jill Daino, LCSW-R, BC-TMH In the workplace According to studies, approximately 1 in every 5 adults has experienced verbal abuse in the office might involve workplace bullying, harsh criticism about work performance, harassment, or being humiliated in front of coworkers. This mental abuse could come from your superiors or from the people you work with. From parents and family members Just as verbal abuse can be a tool for control in romantic relationships, it can also be a way for a parent(s) to control the child. Verbally abusive parents may yell at, bully, or manipulate their kids to get them to behave in a certain way. Some research suggests that up to 63% of children experience verbal aggression at home. Experiencing verbal abuse, which is a form of psychological abuse or emotional abuse, during childhood can significantly increase the risk of developing mental health conditions in adolescence. While verbal abuse of ten comes from parents, it can also come from any other family member too, including grandparents and siblings. These behaviors typically begin when the victim is a child, but they often continue into adulthood. Friends Friendships can sometimes be frustrating, hurtful, or draining. A verbally abusive friend may try to boss you around or isolate you from others. Your friend might claim that theyre the only person whos honest with you or say that no one else could put up with you. While its important to recognize the signs of verbal abuse, its also crucial to look at the impact that this type of abuse can have on your life. The mental health impact of verbal abuse, its also crucial to look at the impact that this type of abuse can have on your life. The mental health impact of verbal abuse, its also crucial to look at the impact that this type of abuse can have on your life. doubt themselves and their capabilities. Therapy can help with working through the issues that can come up as a result of verbal abuse may include: Low self-esteem Insults, humiliation, and other forms of verbal abuse can destroy your sense of self-esteem Insults, humiliation, and other forms of verbal abuse can destroy your sense of self-esteem Insults. confidence. Someone whos experienced verbal abuse might feel like theyre worthless or that they cant do anything without their abuser. Anxiety Verbal abuse, you may feel fearful or anxious that other people will hurt you similarly. Depression Studies have found that verbal abuse can be a significant risk factor for depression. Many people feel sad, hopeless, or struggle with feelings of emptiness after being consistently verbally abused. Social isolation Its common for verbal abuse may not have the confidence to build a new healthy relationship, leaving some feeling lonely or rejected. Health symptoms. The chronic stress of abuse can lead to insomnia, aches and pains, headaches, and other ailments. The first thing you should do on your journey to healing after emotional abuse from verbal attacks is to stop the actual abuse from happening. If youve seen signs of verbal abuse in your life, try to set firm boundaries with your abuser. Make it clear that the way youre being treated is unacceptable and that you wont tolerate it anymore. If possible, try spending less time around the person or cutting them out of your life completely. With this said, we know that sometimes it may not be safe to put your foot down. If you feel unsafe and unable to set firm boundaries, reaching out to a trained professional can be very helpful in identifying a safe way for you to proceed. Coping with verbal abuse can be difficult, which is why you shouldnt be afraid to seek help. A mental health professional can help you to work through the trauma youve experienced. Although verbal abuse can cause deep and lasting damage, therapy can help you to build back your self-esteem and take control of your life. Talkspace is an online therapy platform that makes learning to deal with verbal abuse convenient and affordable. Our approach to therapy is simple: it should be effective, easily accessible, and simple. If you need help confronting your verbal abuser or getting out of an abusive relationship, reach out to Talkspace today to learn more. Sources: 1. Straus M, Field C. Psychological Aggression by American Parents: National Data on Prevalence, Chronicity, and Severity. Journal of Marriage and Family. 2003;65(4):795-808. doi:10.1111/j.1741-3737.2003.00795.x. . Accessed July 19, 2022. 2. Maestas N, Mullen K, Powell D, von Wachter T, Wenger J. Working Conditions in the United States: Results of the 2015 American Working Conditions Survey. Rand.org. . Published 2015. Accessed July 19, 2022. 2. Maestas N, Mullen K, Powell D, von Wachter T, Wenger J. Working Conditions in the United States: Results of the 2015 American Working Conditions Survey. 2022. 3. Vissing Y, Straus M, Gelles R, Harrop J. Verbal aggression by parents and psychosocial problems of children. Child Abuse & Neglect. 1991;15(3):223-238. doi:10.1016/0145-2134(91)90067-n. . Accessed July 19, 2022. 4. Iram Rizvi SF, Najam N. Parental Psychological Abuse toward children and Mental Health Problems in adolescence. Pak J Med Sci. 2014;30(2):256-260. . Accessed July 19, 2022. 5 Crow T, Cross D, Powers A, Bradley B. Emotion dysregulation as a mediator between childhood emotional abuse and current depression in a low-income African-American sample. Child Abuse & Neglect. 2014;38(10):1590-1598. doi:10.1016/j.chiabu.2014.05.015. . Accessed July 19, 2022. 5 Crow T, Cross D, Powers A, Bradley B. Emotion dysregulation as a mediator between childhood emotional abuse and current depression in a low-income African-American sample. 2022. Talkspace articles are written by experienced mental health-wellness contributors; they are grounded in scientific research and evidence-based practices are extensively reviewed by our team of clinical experts (therapists and psychiatrists of various specialties) to ensure content is accurate and on par with current industry standards. Our goal at Talkspace is to provide the most up-to-date, valuable, and objective informed decisions. Articles contain trusted third-party sources that are either directly linked to in the text or listed at the bottom to take readers directly to the source. Talkspace mental health services Convenient and secure online therapy from the comfort of your home Psychiatric treatment from a licensed prescriber Relationship-centered therapy for ages 13-17 Written by Writers Corps member Jade Anna HughesVerbal abuse happens out of nowhere in a relationship Its a lot more calculating and insidious, causing people on the receiving end to question themselves. Werbal abuse usually happens in private where no one else can intervene and eventually becomes a regular form of communication within a relationship. For people experiencing it, verbal abuse is often isolating since it chips away at your self-esteem making it more difficult to reach out to a friend. Many people who experience it rationalize the abuse in their mind and dont even realize its an unhealthy form of communication. But that doesnt make it any less distressing or mentally exhausting for people on the receiving end. Ultimately verbal abuse is a means of maintaining power and control over another in the relationship. And there are many subtle forms verbal abuse includes being subjected to name-calling on a regular basis, constantly feeling demeaned or belittled, and being subjected to the silent treatment by a partner. If you can't tell whether your partner is being funny or belittling, here are a few tell-tale signs you are being diminished in your relationship. Here are the 11 most common verbal abuse patterns to look out for in a relationship. Here are the 11 most common verbal abuse patterns to look out for in a relationship. called names and/or being shouted at on a regular basis. Arguments that always resort to yelling and the use of aggressive phrases in a conversation are all signs that your communication with your partner is anything but healthy. In a healthy relationship, partners step away from an argument or try to talk through the issue. In a verbally abusive relationship, the abuser will yell until they get what they want. Example: You idiot, now you have made me angry! 2. Condescensionlight sarcasm and a sarcastic tone of voice should not be a constant part of your interactions with a partner. This can also includebeing the constant butt of your partners jokes. It can start off funny, which is why it often goes undetected, but over time condescension becomes belittling. Example: No wonder you are always moaning about your weight, look how clean your plate is!3. Manipulation sometimes it can be easy to spot a controlling personality, especially when someone continuously pushes their partner to do and say things they are not always comfortable with. Manipulation, on the other hand, can be more difficult to detect. It can be subtle, like turning situations around and putting the blame on the abused partner. Example: If you really loved me you wouldn't say or do that.4. CriticismIts OK to provide constructive criticism when requested on occasion; being honest with your partner is healthy. However, constant criticism and belittling of a significant other are NOT healthy, and over time can lead to a significant other are you so disorganized? I can always count on you to ruin our nights out!5. Demeaning Comments that refer to your race/ethnic background. gender, religion, background in general, it is unhealthy. This doesnt even need to be consistent, if it happens once, it is no doubt going to happen again, and should not be normalized. A partner who loves and respects you will not use something that is an inherent part of you to put you down. Examples: Im not surprised, you are Asian, you all do that or You women, always crying stupid tears for nothing.6. ThreatsWhile this may seem like an easy one to recognize, it isnt always the case. Threats can be dressed up in a way that makes them appear as if they arent so bad, or in a way that makes them appear as if they arent so bad, or in a way that makes you question if you really heard right. But a threat is a threat and a loving partner does not resort to them to get their way. Examples: I will hurt myself if you leave me tonight or If you dont do that your cat spends the night outdoors! 7. BlameBlame is one of the most common forms of verbal abuse and involves constantly putting the blame for ones actions onto their partner instead of taking responsibility for them. This can include blaming a partner for something they had nothing to do with, to blaming the partner for the abusers emotions. Examples: You are the reason why we are never on time for anything! or Look what you made me do now!8. AccusationsOften stemming from severe jealousy, repeated accusations are a form of verbal abuse. Being constantly accused of something often leads a partner to start questioning themselves on whether they are doing something wrong/dressing inappropriately/talking too much, etc. Examples: I bet you are cheating on me! or I saw you had fun flirting with your boss again, while I was stuck chatting to your boring coworkers.9. WithholdingSometimes a partner may walk away from an argument, preferring to let the dust settle to engage in a more constructive conversation without flaring emotions. While this is definitely a sign of a healthy relationship, the silent treatment, often called withholding, is not. Withholding may include your partner refusing to answer your calls when they don't get what they want or downright ignoring you over nothing. Example: You are discussing restaurant options and dont want to go with your partners preference. They leave the room and refuse to talk to you until you apologize for being mean. 10. Gaslighting Gaslighting includes discounting a partners emotions and making them wonder if their feelings are meaningless and/or wrong This is a very common form of emotional abuse, and often goes undetected, as it can be discreet and severely manipulative. Gaslighted often find themselves apologizing for behavior that they never committed. Examples: Why are you always so sensitive to everything?11. Circular ArgumentsIf your partner constantly disagrees with you, and starts an argument whenever they see an opportunity, or if conversations and arguments seem to go round in circles, leaving you tired and drained, then these are all signs of an unhealthy relationship. People on the receiving end of these types of disagreements tend to feel like theyre walking on eggshells in order to avoid going back to the same argument again. We do not need to always agree on everything in a relationship, but there should be a mutual acceptance of this, rather than an atmosphere of one-upping the other or engaging in arguments you can never win. If you feel like you are constantly on edge and walking on eggshells around your partner, or if some of these patterns feel familiar to you, you may be in an unhealthy relationship. Also, if your trusted friends and/or family are telling you that something is wrong, hear them out. They may be seeing, or hearing, something that you cannot. Remember, by setting boundaries and being honest about how something makes you feel, you can learn toempower yourself in a relationship. Please check out the US Department of Healths Office on Womens Health, or call the National Domestic Violence hotline at 1-800-799-7233 to get advice. Verbal abuse goes beyond having an argument. Name-calling, hurtful sarcasm, blame and manipulation, and threats are common signs. Setting boundaries and cutting ties if possible may help you stay safe. Abuse comes in many forms, not all of which are physical. When someone repeatedly uses words to demean, frighten, or control someone, its considered verbal abuse. Youre likely to hear about verbal abuse in the context of a romantic relationship or a parent-child relationship, socially, or on the job. Verbal and emotional abuse takes a toll. It can sometimes escalate into physical abuse, too. If youre being verbally abused, know that its not your fault. Continue reading to learn more, including how to recognize it and what you can do next. We all get into arguments from time to time. Sometimes we lose our cool and yell. Its all part of being human. But verbal abuse isnt normal to you. Here are some frustration, but its an unusual occurrence and you work through it together. Even if you cant agree completely, youre able to compromise or move on without punishments or the other person engages in these behaviors: They insult or attempt to humiliate you. Then they accuse you of being overly sensitive or say that it was a joke and you have no sense of humor. They frequently yell or scream at you. Arguments take you by surprise, but you get blamed for starting them. The initial disagreement sets off a string of accusations and dredging up of unrelated issues to put you on the defense. They try to make you feel guilty and position themselves as the victim. They save their hurtful behaviors for when youre alone but act completely different when others are around. They save their hurtful behaviors for when youre alone but act completely different when others are around. They save their hurtful behaviors for when youre alone but act completely different when others are around. They save their hurtful behaviors for when youre alone but act completely different when others are around. They save their hurtful behaviors for when your personal space or block you from moving away. They have a supplied to the first first for the first you. Whether its a romantic relationship, a parent-child relationship, or the bully on the playground, name-calling is a method of belittling you. You don't get it, sweetie, because youre just too dumb. Its no wonder everyone says youre a jerk.Condescension is another attempt to belittle you. The abusers comments can be sarcastic, disdainful, and patronizing. Its all to make themselves feel superior. Let me see if I can put this in simple terms that even you can understand.Im sure you put a lot of effort into your makeup, but go wash it off before someone sees you. Theres nothing wrong with constructive criticism. But in a verbally abusive relationship, its particularly harsh and persistent in an attempt to chip away at your self-esteem. Youre always upset about something, always playing the victim. Thats why nobody likes you. You screwed up again. Cant you do anything right? Abusers want you to feel bad about yourself. They employ humiliation and shame to degrade you and eat away at your confidence. Before I came along you were nothing without me youlb be nothing again. I mean, look at yourself. Who else would want you? Manipulation is an attempt to make you do something without me keep you off-balance. If you do that, it proves you dont care about your family and everyone will know it. Youd do this for me if you really loved me. Were all at fault for something once in a while. But a verbally abusive person blames you for their behavior. They want you to believe that you bring verbal abuse on yourself. I hate getting into fights, but you make me so mad!I have to yell, because youre so unreasonable and thickheaded!If someone is repeatedly accusing you of things, they may be jealous or envious. Or perhaps theyre the one guilty of that behavior. Either way, it can make you question whether youre doing something inappropriate. I saw the way you looked at them. You cant tell me theres nothing going on there. Why wont you give me your cell phone if youve got nothing to hide? Refusing to talk to you, look you in the eye, or even be in the same room with you is meant to make you work harder to get their attention. At a friends house, you say or do something they dont like. Without a word, they storm out and sit in the car, leaving you to explain and say goodbye to your hosts. They know you need to communicate about whos picking up the kids, but they refuse to answer your calls or texts. Gaslighting is a systematic effort to make you more dependent on the abuser. You recall an event, agreement, or argument and the abuser denies that it happened at all. They may tell you its all in your mind, you dreamed it, or are making it up. They tell other people to disagree or argue about the same thing more than once until they find common ground. But abusers will reignite that old argument again and again just to push your buttons, never intending to meet in the middle. Your job requires you to put in overtime without notice. Every time it happens, the argument about your tardiness starts anew. Youve made it clear that youre not ready for kids, but your partner brings it up every month.Outright threats can mean that verbal abuse will escalate. Theyre meant to frighten you into compliance. When you do that, no one would blame me for how Id react. If you think youre experiencing verbal abuse, trust your instincts. Keep in mind theres a chance it will eventually escalate. Now that you recognize it, you have to decide how youre going to do something about it. Theres no single answer for what to do. A lot depends on your endividual circumstances. Reasoning with an abuser is tempting, but unlikely to work. Remember, youre not responsible for someone elses behavior. But you can set boundaries. Start refusing to engage in unreasonable arguments. Let them know youll no longer respond to or overlook verbal abuse. Limit your exposure to the abuser as much as possible. If you travel in the same social circles, you might have to make some difficult decisions. If you cant avoid the person altogether, try to keep it down to situations where there are other people around. Then, when youre ready, cut all ties if you live with them, have children together, or are dependent on them in some way. You may find it helpful to speak with a counselor or join altogether, try to keep it down to situations where there are other people around. 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If you need guidance on how to separate from your abuser or if you fear escalation, here are a few resources that will provide support: Once youre out of a verbally abusive situation, its often easier to see it for what it was. Verbal abuse goes beyond having an argument. Name-calling, hurtful sarcasm, blame and manipulation, and manipulation, and manipulation and manipula threats are common signs. Setting boundaries and cutting ties if possible may help you stay safe. Abuse comes in many forms, not all of which are physical. When someone repeatedly uses words to demean, frighten, or control someone, its considered verbal abuse. Youre likely to hear about verbal abuse in the context of a romantic relationship or a parent-child relationship. But it can also occur in other family relationships, socially, or on the job. Verbal and emotional abuse takes a toll. It can sometimes escalate into physical abuse, too. If youre being verbally abused, know that its not your fault. Continue reading to learn more, including how to recognize it and what you can do next. We all get into arguments from time to time. Sometimes we lose our cool and yell. Its all part of being human. But verbal abuse isnt normal to you. Here are some examples of what normal disagreements look like: They dont dissolve into name-calling or personal attacks. They don't happen every day. Arguments revolve around a basic issue. They arent character assassinations. You listen and try to understand the others position, even when youre angry. One of you may yell or say something truly awful out of frustration, but its an unusual occurrence and you work through it together. Even if you cant agree completely, youre able to compromise or move on without punishments or threats. Arguments arent a zero-sum game: One person wont win at the detriment of the other. Consider it a red flag when the other person engages in these behaviors: They insult or attempt to humiliate you. Then they accuse you of being overly sensitive or say that it was a joke and you have no sense of humor. They frequently yell or scream at you. Arguments take you by surprise, but you get blamed for starting them. The initial disagreement sets off a string of accusations and dredging up of unrelated issues to put you on the defense. They try to make you feel guilty and position themselves as the victim. They save their hurtful behaviors for when youre alone but act completely different when others are around. They get into your personal space or block you from moving away. They hit the wall, pound their fists, or throw things. They want credit for not having hit you. Whether its a romantic relationship, a parent-child relationship, or the bully on the playground, name-calling is unhealthy. Sometimes obvious, sometimes disguised as pet names or teasing, habitual name-calling is a method of belittle you. You dont get it, sweetie, because youre just too dumb. Its no wonder everyone says youre a jerk. Condescension is another attempt to belittle you. The abusers comments can be sarcastic, disdainful, and patronizing. Its all to make themselves feel superior. Let me see if I can put this in simple terms that even you can understand. Im sure you put a lot of effort into your makeup, but go wash it off before someone sees you. Theres nothing wrong with constructive criticism. But in a verbally abusive relationship, its particularly harsh and persistent in an attempt to chip away at your self-esteem. Youre always upset about something, always playing the victim. Thats why nobody likes you. You screwed up again. Cant you do anything right? Abusers want you to feel bad about yourself. They employ humiliation and shame to degrade you and eat away at your confidence. Before I came along you were nothing. Without me youll be nothing again. I mean, look at yourself. Who else would want you? 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Refusing to talk to you, look you in the eye, or even be in the same room with you is meant to make you work harder to get their attention. At a friends house, you say or do something they dont like. Without a word, they storm out and sit in the car, leaving you to explain and say goodbye to your hosts. They know you need to communicate about whos picking up the kids, but they refuse to answer your calls or texts. Gaslighting is a systematic effort to make you question your own version of events. It can make you more dependent on the abuser. You recall an event, agreement, or argument and the abuser denies that it happened at all. They may tell you its all in your mind, you dreamed it, or are making it up. They tell other people to disagree or argue about the same thing more than once until they find common ground. But abusers will reignite that old argument again just to push the same thing more than once until they find common ground. But abusers will reignite that old argument again just to push the same thing more than once until they find common ground. But abusers will reignite that old argument again just to push to p your buttons, never intending to meet in the middle. Your job requires you to put in overtime without notice. Every time it happens, the argument about your tardiness starts anew. Youve made it clear that youre meant to frighten you into compliance. When you come home tonight, you might find a for sale sign on the lawn, and I might just be gone with the kids. If you do that, no one would blame me for how Id react. If you think youre experiencing verbal abuse, trust your instincts. Keep in mind theres a chance it will eventually escalate. Now that you recognize it, you have to decide how youre going to do something about it. Theres no single answer for what to do. A lot depends on your individual circumstances. Reasoning with an abuser is tempting, but unlikely to work. Remember, youre not responsible for someone elses behavior. But you can set boundaries. Start refusing to engage in unreasonable arguments Let them know youll no longer respond to or overlook verbal abuse. Limit your exposure to the abuser as much as possible. If you travel in the same social circles, you might have to make some difficult decisions. If you cant avoid the person altogether, try to keep it down to situations where there are other people around. Then, when youre ready, cut all ties if you can. Breaking things off with your abuser can be complicated in some situations, like if you live with them, have children together, or are dependent on them in some way. You may find it helpful to speak with a counselor or join a support group. Sometimes an outsiders perspective can help you see things in a new light and figure out what to do next. Healing takes time, but its important not to isolate yourself. Reach out to supportive friends and family members. If you fear escalation here are a few resources that will provide support: Once youre out of a verbally abusive situation, its often easier to see it for what it was. Emotional abuse can cause physical and mental issues, ranging from muscle tension and feelings of shame to insomnia and post-traumatic stress disorder. When thinking about abuse, physical abuse may come to mind first. But abuse can come in many forms. Emotional abuse is just as serious as physical abuse and often precedes it. Sometimes they happen together. If youre wondering whether its happening to you, here are some of the signs: yellingname-callingspewing insults or otherwise ridiculing you attempting to make you question your own sanity (gaslighting)invading your privacypunishing you for not going along with what they wanttrying to control your feelings are. Continue reading to learn about the effects of emotional abuse and how to get help. You might be in denial at first. It can be shocking to find yourself in such a situation. Its natural to hope youre wrong. You may also have feelings of:confusionfearhopelessness shame This emotional toll can also result in behavioral and physical side effects. You may experience: difficulty concentrating moodiness muscle tensionnight mares racing heartbeatvarious aches and pains aches aches and pains aches leave you vulnerable to more mistreatment. Most children who are abused dont grow up to abuse others. But some research suggests that they may be more likely than adults who werent abused during childhood to engage in toxic behaviors. Adults who were abused or neglected as children may also be more likely to develop chronic health problems including:Emotional abuse doesnt always lead to PTSD, but it can. PTSD can develop after a frightening or shocking event. Your doctor may make a PTSD diagnosis if you experience high levels of stress or fear over a long period of time. These feelings are usually so severe that they interfere with your daily functioning. Other symptoms of PTSD include:angry outburstsbeing easily startlednegative thoughtsinsomnia nightmaresreliving the trauma (flashbacks) and experiencing physical symptoms such as rapid heartbeatPTSD in children might also cause:bed-wettingclinginessregressionYou may be more likely to develop PTSD if you have:been through traumatic events before, especially in childhooda history of mental illness or substance useno support systemPTSD is often treated with therapy and antidepressants. Emotional abuse can lead to mental and physical symptoms that shouldnt be ignored. But what works for one person may not work for another. And not everyone is ready to begin recovery right away. When youre ready to take the next step, you may find it helpful to start with any of the following tips. You dont have to go through this alone. Talk to a trusted friend or family member who will listen without judgment. If thats not an option, consider joining a support group for people who have experienced abuse or trauma. Exercise can do more than just keep you more physically fit. Research shows that doing moderate-intensity aerobics or a mix of moderate aerobic and muscle-strengthening activity for at least 90 minutes a week can:help you sleep betterkeep you sharpreduce your risk of depression Even less intense physical activity, such as a daily walk, can be beneficial. If youre not interested in home workouts consider joining a class. That could mean swimming, martial arts, or even dance whatever gets you moving. Social isolation can happen so slowly that you dont even notice, and thats no good. Friends can help you heal. That doesn't mean you have to talk to them about your problems (unless you want to). Simply enjoying the company of others and feeling accepted may be enough to boost your spirits. Consider doing the following: Call an old friend you havent spoken to in a long time just to chat. Invite a friend to the movies or out for a bite to eat. Accept an invitation even when your instinct is to stay home alone. Join a class or club to meet new people. Emotional abuse can wreak havoc with your diet. It can lead you to eat too little, too much, or all the wrong things. Here are some tips that can help keep your energy level up and minimize mood swings: Eat a variety of fruits, vegetables, and lean protein. Eat several well-balanced meals throughout the day. Avoid bingeing or skipping meals. Avoid sugary, fried, and highly lean protein. Eat several well-balanced meals throughout the day. Avoid bingeing or skipping meals. Avoid sugary, fried, and highly lean protein in the day. Avoid bingeing or skipping meals are some tips that can help keep your energy level up and minimize mood swings: Eat a variety of fruits, vegetables, and lean protein. Eat several well-balanced meals throughout the day. Avoid bingeing or skipping meals. Avoid sugary, fried, and highly level up and minimize mood swings: Eat a variety of fruits, vegetables, and lean protein in the day. Avoid bingeing or skipping meals are some tips that can help keep your energy level up and minimize mood swings: Eat a variety of fruits, vegetables, and lean protein in the day. Avoid bingeing or skipping meals are some tips that can help keep your energy level up and minimize mood swings: Eat a variety of fruits, vegetables, and lean protein in the day. Avoid bingeing or skipping meals are some tips that can help keep your energy level up and minimize mood swings. processed foods. Fatigue can rob you of energy and clear thinking. Here are some ways to promote a good nights sleep: Go to bed at the same time each morning. Make it your goal to sleep at least seven hours a night. Do something relaxing in the hour before bedtime. Remove electronic gadgets from your bedroom.Get room-darkening window shades.You can also help ease stress by practicing relaxation techniques, such as:It may seem counterintuitive, but volunteering your time can help ease stress, anger, and depression. Find a local cause you care about and give it a try.Although lifestyle changes may be all it takes for some people, you may find that you need something more. This is totally OK and normal. You may find professional counseling helpful if youre: avoiding all social situations depressed frequently fearful or anxious having frequent nightmares or flashbacksunable to carry out your responsibilities unable to sleepusing alcohol or drugs to copeTalk therapy, support groups, and cognitive behavioral therapy are just a few ways to address the effects of emotional abuse. If you decide to seek out professional help, look for someone with experience in emotional abuse or trauma. You can: Ask your primary care physician or other doctor for a referral. Ask friends and family for recommendations. Call your local hospital and ask if they have mental health professionals on staff. Search the American Psychological Association database. Search the database at FindAPsychologist.org. Then, call a few and schedule a Q&A session over the phone. Ask them: What are your credentials, and are you properly licensed? What experience do you have with emotional abuse? How will you approach my therapy? (Note: This may not be decided until the therapist conducts their initial assessment of your first can take time. Here are a few questions to ponder after your first can take time. Here are a few questions to ponder after your first can take time. visit:Did you feel safe enough to open up to the therapist? Did the therapist once doesnt mean that you find the right fit for you. Youre worth it. There are many forms of verbal and emotional abuse. It might start with small signals making it hard to recognize as abuse. The relationship may start wonderfully and the process of identifying verbal abuse harder. Most people, at first, look for faults in their behavior in communication with the partner. Furthermore, verbal abuse can involve quite sophisticated and toxic game-playing. If you are wondering how to recognize verbal abuse is an involve quite sophisticated and toxic game-playing. If you are wondering how to recognize verbal abuse can involve quite sophisticated and toxic game-playing. attempt to seize control over someone by various means of psychological, not physical, manipulation. Trying to subdue someone can come through different forms of criticism, humiliation, threats, punishments, and silent treatments. It might be surprising to hear that almost 50% of men and women have experienced at least one psychologically unsafe encounter with their partners. A study suggests that the probability of verbal abuse increases with alcohol abuse and decreases with the number of children and age. If you are not sure if your partner is trying to be funny or simply belittling you, you might be experiencing one of the signs of verbal abuse. Although in physically abusive relationships evidence of violence is tangible and overt, we should not underestimate the damaging effects of verbal abuse. What is the difference between Verbal abuse. What is the difference between Verbal abuse. What is the difference between Verbal abuse & Normal Conflicts and arguments are expected to happen in any relationship. They are an integral part of relationships that partners work on and overcome by improving their communication and understanding of each other. How to recognize verbal abuse and distinguish it from normal conflict? Be mindful and look further into signs of verbal and emotional abuse, if notice your partner is: Making treatsResorting to name-callingFrequently yellingStarting fights over every little thingRidiculing or shaming youMaking you fee unsafeBlaming you for argumentsActing punitively when youre alone and avoiding it when others are aroundGuilt-tripping you and victimizing themselvesCausing your self-confidence to drastically decreaseAlthough conflict is unavoidable, how much of it there is in the relationship, and how you go through it as a couple can point to how close you are alone and avoiding it when others are aroundGuilt-tripping you and victimizing themselvesCausing your self-confidence to drastically decreaseAlthough conflict is unavoidable, how much of it there is in the relationship, and how you go through it as a couple can point to how close you are alone and avoiding it when others are aroundGuilt-tripping you and victimizing themselvesCausing your self-confidence to drastically decreaseAlthough conflict is unavoidable, how much of it there is in the relationship, and how you go through it as a couple can point to how close you are alone and avoiding it when your self-confidence to drastically decreaseAlthough conflict is unavoidable, how much of it there is no how close you are alone and avoiding it when your self-confidence to drastically decreaseAlthough conflict is unavoidable, how much of it there is no how close you are alone and avoiding it when your self-confidence to drastically decreaseAlthough confidence to drastically decreaseAlthough confiden to verbal abuse. Verbally abusive spouse aims to control you through making you feel small and decreasing your self-confidence. Usually, in conflict both sides are trying to gain something for themselves. In verbal abuse, it is being done through emotional attacks towards the partner. What are the signs of an Abusive Relationship?1. Walking on eggshells When in a verbally abusive relationship, you start to notice you are being extremely careful about what you say and do. Trying to avoid disappointing your partner, you take notice of every little thing you do. Most likely, walking on eggshells is your attempt to stop verbal abuse in the marriage. However, you have to understand that this is not your fault and anyone in your position would feel the same way. Stay firm regardless of your partner saying otherwise and trying to convince you that it is you who needs to change for them to stop being angry. What causes verbal abuse in marriage is not your errors, rather the lack of impulse control and impossible expectations your partner has.2. Name-calling and ridiculingDoes your partner call you names that hurt you and then say you misunderstood what they meant? In fights and everyday communication, your partner belittles you and makes you feel ridiculed? Whether they try to pass it off as teasing or Pet Names, it is one of the signs of an abusive relationship. 3. Inappropriate and hurtful jokesIn a verbally abusive relationship, your partner makes jokes you find hurtful and when confronted, says you are too sensitive. Although you ask them not to do it, they persist with it. Over time you might find this is hurting the perception of yourself and decreasing your self- confidence.4. Condescending conversational toneWe are not talking about the sarcastic tone of voice used to make a good joke, rather a constant tone when they interact with you. They might be using demeaning comments about your beliefs, religion, race, or, in general, important aspects of who you are. A partner that respects you doesnt do this. In a verbally abusive relationship, your partner is not willing to understand how it is making you feel or stop.5. Verbal criticism At first, it might be that your communication was sweet and polite. However, over time significant impact on your self-esteem.6. Humiliating commentsIn a verbally abusive relationship, shaming and swearing occur more or less regularly. More so when you are alone with your partner, although not exclusively. Abusers use humiliation as a way to make you feel bad about yourself. They try to degrade the image you have of yourself until you feel deficient. 7. Threats and accusations Have you felt unsafe at some point in the relationship? Perhaps your partner to expect gratitude for being able to control their temper and not hurt you. In such a relationship, you find you are being accused or threatened by your partner often. This can lead you to question your actions and feeling cornered.8. Blaming you Besides the accusations they throw towards you, abusive partners also try to blame you for all the arguments. They can be quite skilled in twisting the reality to fit this image of themselves as the sufferer.9. Yelling and screamingThis is one of the clear cut signs of a verbally abusive relationship. As such, abusers might not use it in the very beginning. Furthermore, if they have a slip and they yell, they are usually sophisticated enough to portray it as a one-time thing or a result of some major stress they are going through.10. Silent treatmentsWhen nothing else works, abusers might try to ignore you. When their attempts to control you have failed, they withhold communication, affections, sex, money, etc. to try and make you do as they wish. Although it is a quiet one, make no mistake. The silent treatment is a sign of verbally abusive relationships. Refusing to communicate, establish eye contact, or spend time in the same room could be one of the ways they make you try harder and push you into the choice they want.11. Discounting your emotions and opinionsIn a healthy relationship, you feel understood and heard. Support is one of the elements you don't have in a verbally abusive relationship. When you try to share your partner is, in different ways, denying you that what you are going through is no big deal. The abuser is denying you your inner reality and trying to persuade you that what you think or feel is wrong.12. ManipulationSometimes it can be easy to spot a controlling person. However, the more experience they have, the more experience they have the more experience than the more experience the more experience the more experience the more have no control over your own decisions? Abusers are skilled at making you feel like what they intended was your idea and/or is for the best.13. Repetitive arguments Perhaps you find yourself surprised by how easy it is to provoke an argument and wondering what you did this time around? Whenever an opportunity appears, your partner uses it to disagree with you or start a fight. In a healthy relationship, there is no acceptance of difference of opinions. It leads to circular fights leaving you tired and drained. 14. You are apologizing all the timeOffering an apology when we have hurt someone is an appropriate reaction. However, due to the frequency of being blamed for everything, you might find yourself apologizing all the time. Perhaps you are sorry.15. Emphasizing your weakness and flawsThis is one of the signs of a verbally abusive relationship that has a major impact on your dignity and confidence. Your partners opinion matters to you. So, when they are constantly stressing your flaws you also begin to see yourself differently. This change in your perception of yourself is meant to keep you with them. The more you begin to trust their opinion the more grateful you become they are staying with you despite your flaws. This is one of the reasons why it is hard to leave a verbally Abusive Relationship can leave psychological scars on the victim. What does verbal abuse do to a woman or a man? It can lead to anxiety, depression, substance abuse, and impaired self-confidence. Therefore, if you think you are experiencing abuse try to react as soon as possible. If you are wondering how to deal with an abusive wife or how to deal with a verbally abuse. Check out our selection of top advice that can help you learn how to respond to verbal abuse: Decide what boundaries you want to set and be firm about them. This is going to be challenging and you might want to rely on social support to help you in this process. Try to understand if the abuser is willing to work on their behavior. You cant change them, only support their decision to change. Ask yourself what are the circumstances under which you would be willing to stay in the relationship. If you are leaving. Be mindful of your boundaries and what should happen for you to be happy. If you decide to stay, set a limit to the amount of time you want to give the abuser to show they are changing. If you are roommates too, think of whether you want to stay in the same living space with them while working on this issue. If they are willing to work on themselves, consider going to couples therapy or marriage course. Handling verbal abuse requires a change in the style of communication. Improving communication is one of the key elements of such courses and therapy. If you cant stop verbal abuse in marriage, consider the safest way to leave and steps you need to take. To make the process less painful for yourself, prepare in advance. Trust your instincts Since the abusive relationship is not abusive from the start, trust your gut. If you think something is wrong, be cautious and notice the subtle red flags. Knowing the signs of verbal abuse can help you identify it and react on time before it has damaging effects on your psychological health. Keep in mind what a healthy relationship should be like. If you recognize they are trying to manipulate you, humiliate you, blame you or make you feel guilty, you should observe if other signs are present too. If both of you are willing to work on improving the situation, surround yourself with support and consider therapists. Remember to thoroughly be sure if they are open to change or their agreement is just a way to manipulate you. If you decide to end it, invest in the process of preparation,, and examine tips to get out of a verbally abusive relationship. In the video, Mel Robbins discusses why and how someone loses their power. Its because somewhere in your past someone made you feel like you didn't deserve it. But you don't have to stay there forever What you think and how you feel matters, despite what your abusive partner might be saying. You have the right to be happy and you deserve it. //www.who.int/violence/world report/factsheets/fs intimate.pdf Want to have a happier, healthier marriage? If you feel disconnected or frustrated about the state of your marriage but want to avoid separation and/or divorce, the marriage.com course meant for married couples is an excellent resource to help you overcome the most challenging aspects of being married. Take Course Verbal abuse can be insidious, often leaving deep emotional scars that are hard to see. Have you ever wondered what forms this type of abuse can take? Understanding examples of verbal abuse is crucial for recognizing harmful behaviors in relationships, whether theyre romantic, familial, or even professional. In this article, youll explore various examples that illustrate how words can wound just as deeply as physical actions. From constant criticism and belittling remarks to threats and manipulation, the impact of verbal abuse is profound. By identifying these patterns, you empower yourself and others to seek help and foster healthier communication. Lets dive into the unsettling world of verbal abuse can be subtle yet profoundly damaging. Recognizing its forms is crucial for your emotional wellbeing. Verbal abuse involves using words to harm another person. It includes behaviors aimed at belittling, threatening, or controlling someone through language. This form of abuse can manifest in various settings, from personal relationships to workplaces. Importantly, it often leaves no visible marks but results in significant emotional pain.Identifying verbal abuse requires awareness of certain signs. Look for these indicators:Constant criticism: Frequent negative comments about your abilities or worth.Belittling remarks: Jokes or statements intended to make you feel inferior.Threats: Ultimatums that instill fear and control your actions.Manipulation: Twisting words or situations to create guilt or shame. Silent treatment: Withholding communication as a punishment. By recognizing these patterns, you can take steps toward healthier interactions and protect yourself from further harm. Verbal abuse manifests in various ways, often leaving emotional scars. Recognizing these behaviors is crucial for addressing and preventing further harm. Insults and name-calling serve to demean a person, eroding their self-esteem. You might hear phrases like: Youre so stupid. Nobody loves you. Youll never amount to anything. These comments create an environment of fear and insecurity. Such language can lead individuals to question their worth. Threatening language instills fear through intimidation. For example, someone may say: If you leave me, youll regret it. Ill make sure no one believes you. This form of verbal abuse manipulating someone into doubting their reality or perceptions. Phrases like: Youre imagining things. That never happened. This tactic undermines confidence in ones own thoughts and feelings, leading to confusion and dependency on the abusers version of reality. Dismissive remarks trivialize feelings or opinions, making a person feel unimportant. You might encounter statements such as: Your everreacting. Its not a big deal. Such responses invalidate experiences, fostering isolation and discouraging open communication. Verbal abuse leaves lasting emotional scars that can affect various aspects of life. Understanding its impact is crucial for healing and recovery. Emotional scars that can affect various aspects of life. Understanding its impact is crucial for healing and recovery. Emotional scars that can affect various aspects of life. negativity, questioning your worth. For example, constant criticism leads to feelings of inadequacy, Additionally, threats or manipulative language can create intense fear or distress. These emotions may result in social withdrawal or difficulty trusting others. Long-term effects of verbal abuse can be profound and far-reaching. Survivors may experience chronic stress or develop mental health disorders like PTSD. You could struggle with forming healthy relationships due to trust issues arising from past experiences. Furthermore, the internalized negativity might lead to self-destructive behaviors such as substance abuse or self-harm. Recognizing these long-term impacts is essential for seeking help and fostering recovery strategies. Recognizing verbal abuse is the first step toward healing. When you experience or witness this behavior, seeking help becomes crucial. Support from resources and professionals can aid in recovery. Accessing resources can provide necessary guidance and assistance. Consider these options: Hotlines: National domestic violence hotlines offer immediate support and advice. Support Groups: Local or online groups connect you with those who understand vour experiences. Educational Materials: Books and websites provide insights into recognizing and coping with verbal abuse. Utilizing these resources helps build a support network that reinforces your journey towards healing. Engaging with professionals can significantly impact recovery from verbal abuse. Look into: Therapists: Licensed therapists specialize in trauma-informed care to address emotional scars. Counselors: School or community counselors: School or community counselors can offer strategies for dealing with verbal abuse situations. Legal Advisors: If needed, legal experts provide information about rights and protective measures. Professional intervention creates a safe space for discussing feelings, establishing boundaries, and developing coping strategies.