

Facts About Verbal and Emotional Abuse

- The long-term emotional, social, physical, and spiritual impact of abuse is often devastating.
- Abuse bruises people inside. Although invisible, it can cause emotional wounds that are difficult to heal.
- Abusers are often repeating what was done to them. This is a tragic response which continues the chain of abuse.
- Verbal abuse can escalate into violence. Gun violence often begins with abuse. This can be prevented.
- Those who have lived with abuse may need help to avoid being victimized again or becoming a victimizer.

Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.

You are important!

If you feel abused,
get help.



For Help and Information

HopeWorks
860.561.1175
E-mail: hopeworks@snet.net

The Bridge Family Center
(860) 521.8035

Mental-Health-Matters.com
www.mental-health-matters.com/abuse/verbal.php



Contributions to HopeWorks

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Workbook #3.7

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The Cruellest Cut: Verbal and Emotional Abuse

Don't let your inferior become your superior.

A parent



90 North Main Street
West Hartford, CT 06107
860.561.1175

Email: hopeworks@snet.net
www.hopeworkscentral.org



Providing hope and help to young people and their families through counseling and education

Verbal Abuse Includes:

- ✗ Public attempts to break down a person by words or actions
- ✗ Name calling
- ✗ Put-downs related to personal characteristics that can not be changed such as size, personality, race, appearance, and sexuality
- ✗ Threatening and/or bullying behaviors

Verbal abusers feel powerful when demeaning others.

It is likely that they lack self-esteem, self-control, and empathy.

Abuse can happen to anyone at any age.

Primary Prevention

Families, schools, and institutions must take a stand against verbal and emotional abuse.

Witnesses to abuse must speak up.

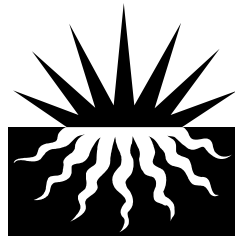
Tackle the problem by saying loudly,

"This is abusive. Stop!"

Do not resort to violence.

People in authority must be notified if abuse is happening.

Legally mandated school or work policies must be enforced.



No one should feel good about being able to put others down.

Abuse is not a skill.

☆ Do not respond with violence ☆

That is assault which carries serious legal consequences.

Healthy Responses

- ✓ Put the blame where it belongs - on the abuser. It says something about them, not you.
- ✓ No one deserves to be abused; no one is "perfect."
- ✓ Work to stop abuse.
- ✓ Do not take revenge.
- ✓ Regain self-esteem by honestly dealing with the abuse.

