



Verbal Abuse: Survivors Speak Out on Relationship and Recovery

Patricia Evans

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If your partner: seems irritated or angry at you several times a week, denies being angry when he clearly is, does not work with you to resolve important issues, rarely or never seems to share thoughts or plans with you, or tells you that he has no idea what you're talking about when you try to discuss important problems...you need this book.

Verbal Abuse: Survivors Speak Out outlines solutions to abusive relationships, tells victims where to find shelters and support groups, and analyzes why many therapists misdiagnose problems in violent relationships.

Verbal Abuse: Survivors Speak Out on Relationship and Recovery Details

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From Reader Review Verbal Abuse: Survivors Speak Out on Relationship and Recovery for online ebook

Mitch says

This was one of the most difficult books top take of the shelf at the bookstore. I am a man for pete sake. How could I acknowledge "verbal" abuse. All I can say it was one of the best purchases I ever made and one of the first self help books I read cover to cover. I soon discovered that my inner voice (the one that was telling me to grab the book) was worthy of listening to. When I read this book I realized my voice(that others hear) was not being listened to either.

Both men and women can experience abuse and a sense of feeling unworthy. NEVER discount your feelings nor experiences. Read anything you feel drawn to. ONLY the points that apply to you as your truth will resonate and what does not apply to you wont hurt you. Do yourself a favor, read this book if you ever felt helpless or hopeless. It does not matter if you are 12 or 62 it is never too early or too late to make sense of your life and feeling self.

Heidi says

I read this in a short time, but in fairness, skimmed it. I liked the stories of survivors, but they were really only little paragraphs--and then the author would give her opinions and a lot of information pertaining to the abuser or the abused.

I felt a lot of the advise seemed to leave the reader feeling like there is no hope. I did like that the author did try to give clarification on when the abuser is escalating, and why they might be. I would like to have had an update on each of the many, many people giving their story--did they all end up leaving, did any of the situations improve?

Mostly, I felt the basic advice was to just make yourself happy, because that other person isn't going to, and you aren't going to make them happy. I believe that wholeheartedly, but the circumstances on each of the cases might not apply to the reader, so it felt like there was just a very basic, "Be happy anyway" attitude. Hmm...

Elizabeth Mallory says

Wow. Awesome. This is another must-read. Even if you aren't in an abusive relationship right now, this helps untangle all the reasons we put ourselves there, and how not to do it again. The stories from other conquerors is so encouraging - you feel unalone. :)

Dustina says

It was interesting to hear women say the exact same story as mine.

Allison says

Good examples, some helpful stuff. A lot of what to do in an abusive spouse relationship, not so much about when your family or others are abusive. Overall gives you something to think about.

Gruia Novac says

awful. its so full of wrong information and poor analysis of situations.

there are good parts, that seem taken from other works not her own, and you can clearly see the difference in style. but i cannot give +1 star for something that clearly is not the authors, even if its good information. quotes are also good.

the simplistic superficial and nonsensical view on a conflict does more hurt than good in my opinion.

sure it locks partners in a repressed safer, higher selfesteem state, but their intimacy is still shit.

thats what an escalated conflict really is, a call for help, its vulnerable, and its a YELL that intimacy is not good. You should love that yell, and understand it, not suffocate it.

we think so little, and this books asks us to think even less.

Initially NO says

This is a very thorough look at the varying ways people use verbal abuse to gain power. Patricia looks at the main types of verbal abuse, including: abusive anger, accusing and blaming, judging and criticising, withholding, denial...

Although Patricia does not write about how verbal abuse can manifest into voices, I feel there is an obvious connection between these two things, especially when a person doesn't not want to ever be verbally abusive in response to an abuser.

This book make a lot of things that have happened in my life a lot clearer. It also made the statement that in some ways verbal abuse can have a bigger impact than physical abuse. And while this may not be true for everybody, acknowledging this goes a step towards a person understanding that what happened to them wasn't okay.

Verbal abuse that is threatening to escalate into physical abuse if the person does not submit to the other. Understanding that it is not that the person is a masochist it is just that their life and self-esteem has been systematically reduced.

Patricia also writes about how verbal abusers can recognise what they are doing to hurt others and ruin their relationships and lives.

Really, really worth reading. It's a topic that needs a lot of understanding and Patricia Evans has an in depth understanding of what verbal abuse is and does and ways of dealing with it that don't involve compromise and submission.

Karen Burton says

I was very fortunate to find this book within weeks of leaving an abusive relationship, in the early 1990's, shortly after it was published. I don't know what made me pick the book up off the shelf, because I did not believe verbal abuse was even a real "thing". Then I opened this book and read an example of a nonsensical discussion I'd had with my ex-husband many times. I poured through this book in a couple of days. It was amazing how much clarity it gave me to what I had just experienced.

I was so confused after all the "crazy-making", and severely damaged emotionally. This book launched me into the rapid recovery I needed to get back on my feet for my family, and to quickly identify, and appropriately respond, to this type of behavior in subsequent interactions with coworkers and potential dates.

I shared what I learned with a coworker, and she wanted to read the book because she thought her husband was emotionally abusive. I was very surprised she thought he was abusive, but no one knows what goes on behind closed doors. She came to me after reading the book, with tears in her eyes, and said she was shocked to realize, as she read the book, that she was the emotionally abusive one! She had been listening to me pour my heart out over the past few months about my anguish over my failing marriage, and reading the book gave her insight that her husband was experiencing exactly the same thing I described to her. They got into counseling, and now, 20 years later, are still together and stronger than ever.

If you have been, or are in, a relationship that often leaves you confused, off balance, out of sorts, worn out or drained, there is a good chance you will find some clues in this book that will help identify root causes, and effectively redefine these relationships to a healthier state.

Shauna Durbin says

This is an absolutely excellent read for those who are dealing with verbal abuse. Evans gives a very clear picture of what verbal abuse really is from the survivors point of view. She also gives resources for women who are dealing with this type of abuse. I can not recommend this book highly enough. If you, or someone you know, is suffering verbal abuse get this book.

Suzanne says

Reading this for a documentary I am producing. Sobering subject that should be more exposed in society
