

# How To Leave A Mentally Abusive Relationship

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*The Emotionally Abusive Relationship - Rebecca Lewis 2022-09*

Are You Being Controlled or Devalued in Your Relationship? This is How to Get Free of That Abusive Cycle With Your Partner! "One of the most accurate, balanced and relatable guide for abused women I've ever read... Rebecca lays down the step-by-step roadmap to overcoming emotional abuse and healing from emotionally abusive relationship. Remarkable!" Ray Evenson Ph.D, author of "Dealing With Toxic People". Has your trust and security been broken by your partner? Is your partner taking you for granted? Are you being betrayed, and gaslighted, but you just don't know how to end the relationship and leave? If you answered yes to any of the questions above, then this book was written for you.

"Every minute, nearly 20 women in the United States suffer some kind of physical abuse from an intimate partner" - NCADV. "Every 9 seconds in

the US a woman is assaulted or beaten by an intimate partner". The numbers may be staggering, but absolutely anyone can be a victim of abuse. Unfortunately, physical abuse usually starts out as emotional abuse. Because you could be the most caring, loving and understanding partner in the world, and still become a victim of emotional abuse. Also, the covert, insidious nature of the abuse can cause you to not even realise that you are being abused by someone you love - until it gets physical. The Emotionally Abusive Relationship is for you if you are: Trying to understand why your partner acts this way Suffering covert emotional and verbal abuse Unable to break free from the stranglehold of your partner Being manipulated by your partner Being gaslighted; Living with a possessive partner; So, if you are tired of coping with emotional abuse from your husband or partner, and are intentionally

looking for guidance, this powerful guide will help you: Understand how to navigate your emotionally abusive relationship Spot emotionally abusive patterns that can destroy you Motivate you to make empowering decisions for your benefit Remember and honor your intrinsic value as a person Speak up for yourself without putting your safety Love yourself the way you've always deserved Remind you that you can overcome any challenge Forgive yourself Gracefully move your life into a new season Whether you plan to remain in your relationship, leave, or have already separated, *The Emotionally Abusive Relationship* will serve as the expert guidance and support you need to speed up your recovery process and find a pathway to a better, more fulfilling life. Are you ready to get your life, sanity and peace of mind together and back under your control? Go ahead and order a copy for yourself, or gift it to someone you love so they, too, can start their journey towards freedom from emotionally abusive relationships.

[The Emotionally Abusive Relationship](#) - Beverly Engel 2003-08-13

"Engel doesn't just describe-she shows us the way out." -Susan Forward, author of *Emotional Blackmail* Praise for the emotionally abusive relationship "In this book, Beverly Engel clearly and with caring offers step-by-step strategies to stop emotional abuse. . . helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse. This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse." -Marti Loring, Ph.D., author of *Emotional Abuse* and coeditor of *The Journal of Emotional Abuse* "This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is, how it affects the relationship, and how to stop it. Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them." -Randi Kreger, author of *The Stop Walking on Eggshells Workbook* and owner of *BPDcentral.com* The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is phenomenal, and yet emotional abuse is the least understood form of abuse. In this breakthrough book, Beverly Engel, one

of the world's leading experts on the subject, shows us what it is and what to do about it. Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. *The Emotionally Abusive Relationship* will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse. By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing, *The Emotionally Abusive Relationship* offers the expert guidance and support you need.

**Preventing Intimate Partner Violence Across the Lifespan** - Phyllis Holditch Niolon 2017

**The Nice Girl Syndrome** - Beverly Engel 2010-12-17

How women can overcome the pressure to please others and feel free to be their true selves Are you too nice for your own good? Do family members manipulate you? Do coworkers take advantage of you? If this sounds familiar, read *The Nice Girl Syndrome*. In this breakthrough guide, renowned author and therapist Beverly Engel, who has helped thousands of women recognize and leave emotionally abusive relationships, can show you how to take control of your life and take care of yourself. Engel explains that women today simply cannot afford to be Nice Girls, because women who are too nice send the message that they are easy targets and are much more likely to be victimized emotionally, physically, and sexually. She identifies the seven different types of Nice Girls and helps you understand which type or types might apply to you. Engel helps you determine whether the Nice Girl Syndrome is keeping you in an abusive relationship or in manipulative situations and helps you change Nice Girl beliefs and behaviors that are holding you back. Shows you how to confront the beliefs and behaviors that keep you stuck in a Nice Girl act as you replace them with healthier, more empowering ones

Includes inspiring stories of women Engel has worked with who have found the courage and strength to stop taking abuse and start standing up for themselves "This book will challenge, entertain, and empower its readers."--Publishers Weekly (starred review) Written by renowned author and therapist Beverly Engel, who has helped thousands of women recognize and leave emotionally abusive relationships Filled with wise advice, powerful exercises, and practical prescriptions, *The Nice Girl Syndrome* shows you step by step how to take control of your life and be your own strong woman.

**From Charm to Harm:** - Amy Lewis Bear 2014-02-18

The lack of language to identify emotional abuse and its aftermath among couples is a major barrier to recognition and treatment. *From Charm to Harm* breaks down this barrier by providing simple words and definitions that name and explain harmful interactions between intimate partners. Many of these interactions, although emotionally toxic, are hard to distinguish from the normal experience of being in a relationship. *From Charm to Harm* will empower you to recognize and describe the psychological destruction wrought by an intimate partner who claims to love you. It will provide you with ways to protect yourself and your loved ones in current and future relationships. Determine if your mate is emotionally abusive, the effects on you, and how you may be enabling the abuse. Find out how and why charm turns to harm when one partner has a deep-seated need to control the other partner. Discover why people abuse their lovers, why their lovers allow it, how it happens, and its aftermath. Learn how easy it is to get caught up in the oppressive cycle of emotional abuse and how you might be contributing to your own suffering. Learn how to stand up to an abusive partner, get treatment for both partners, and make the choice to leave or stay in the relationship. *From Charm to Harm* will help you stop the cycle of emotional abuse and claim your right to be loved and respected by your mate.

**I Just Want Out** - Jodi Schuelke 2017-04-18

No more spinning your wheels trying to figure out how to leave your abusive spouse. Have you ever wished you had the perfect guidebook that would give you step-by-step information to help you carefully plan a

swift and safe departure from your emotionally abusive spouse and help you prepare for getting a divorce - at the same time? Here it is! In *I Just Want Out*, Jodi Schuelke combines detailed practical information with her personal experiences and the lessons she learned from strategically planning her exit (along with her children) from her emotionally abusive first marriage. *I Just Want Out* expands on the information found in such books as *Stop Walking on Eggshells* and *Splitting*, by providing pre-departure and pre-divorce planning and details about what to do, when to do it, how to do it, and why it's important. Jodi will support you and travel beside you on your journey to freedom using her practical seven-step FREEDOM Framework process.

**Signs of Emotional Abuse** - Barrie Davenport 2016-11-28

Do you know the signs of emotional abuse in a relationship? Do you wonder if your partner's behavior is acceptable or normal? You may not have a black eye. You haven't been pushed or slapped. You haven't had to call the police. But something feels very, very wrong in your intimate relationship. You just can't put your finger on it. Victims of emotional abuse are often confused about their partner's behaviors. "Is this really abuse?" "Could it be my fault?" "Maybe it will change." Your partner has a way of reinforcing your self-doubt, turning the tables on you to make you feel crazy, selfish, and unlovable. DOWNLOAD::Signs of Emotional Abuse: How to Recognize the Patterns of Narcissism, Manipulation, and Control in Your Love Relationship Emotional abuse may be hard to identify and understand, but it's as devastating to a relationship as physical abuse is. It can damage your self-esteem, sense of identify, and even your mental health. Your partner might use mind games, control, verbal abuse, and other narcissistic traits to keep you off balance and afraid. He or she wants to keep you in a state of confusion and anxiety so you won't speak up or take control of your life. The first step toward improving your situation is knowing what you're dealing with. Once you recognize the signs of emotional abuse, you can create new boundaries and responses to your partner's behavior and make informed decisions about your life moving forward. Bestselling author Barrie Davenport will clear up the confusion about whether or not your partner's behavior is

really abuse. In Signs of Emotional Abuse, you'll learn: 9 common patterns of emotional abuse 125 specific emotionally abusive behaviors 7 critical questions to ask yourself about your abusive partner The next steps after you identify emotional abuse by your partner The best support resources to help you move forward Signs of Emotional Abuse will help you identify the covert tactics used by emotional abusers to help you quickly recognize them in your daily life. Would You Like To Know More? Gain clarity about your relationship so you can begin to take back control of your life! Scroll to the top of the page and select the buy now button.

### **How to Leave Your Abusive Spouse** - Mike Taylor 2023-02

Women all over the world are victims of domestic violence, which may take the form of physical assault, threats, and/or verbal and/or emotional abuse. It may cause serious harm, including hospitalization or even death. Surprisingly, just 25% of physical attacks in the home are recorded by police, making domestic violence one of the most persistently underreported offenses. From the outside looking in, it could seem as if all it takes to escape an abusive partner is to up and go. However, if you have ever been the target of an abusive spouse, you know the reality of leaving such a relationship is considerably more complicated. Whether you or someone you care about is the victim of physical, emotional, or verbal abuse in a relationship, you will find practical advice for ending the cycle of violence, getting away safely, and starting again.

### Emotional Abuse - Rina McNally 2018-05-10

How to survive and thrive from emotional abuse, set boundaries and control your relationship Emotional abuse is a form of violence that does not necessarily involve physical harm, but can be similarly debilitating. This abuse works by chipping away at one's self-esteem slowly, and most of the time victims do not know that they are going through it. However, statistics state that nearly 60% of young women in the US underwent emotional abuse in a romantic relationship. 24% of women who went through this experience never told anyone that they were dealing with abuse. However, an overwhelming 62% told that they are able to leave

an abusive relationship because someone educated them and helped them to leave their abusive domestic partnership. You are undergoing emotional abuse if a person behaves in a certain pattern that would make you feel fear, obligation, or guilt. The combination of these negative emotions can be dangerous to one's mental health and they leave long-lasting effects. Most of the time, perpetrators inflict harm through aggressiveness, denying your needs, and minimizing the harm that they have done. It is also very important to take note that most emotionally abusive relationships lead to physical abuse. That is why it is very important to understand what this problem is all about before it escalates. This book will be devoted to providing a very detailed look at how to acquire a life free from emotional abuse mindset as well as an introductory and advanced education on how to successfully recover from it. READ ON This Emotional Abuse book covers: Effects of Emotional Abuse Diminished Self-Confidence and Self-Esteem Anxiety, Depression, and Despair Identifying Abuse The Signs of an Abuser Emotional Abuse Patterns Reasons for an Abuser in Your Life The Recovery What to Expect The Recovery Toolbox How to Seek Help *Emotional Abuse Healing* - Robin Martel 2017-10-07

The cold, isolating feeling of emotional abuse is unlike any other. It's damaging, draining and downright unfair. Being afraid and living in a constant state of fear becomes a way of life when you suffer at the hands (or words) of an emotional abuser. Being bullied, verbally abused, berated and controlled is the norm when you're on the receiving end of emotional abuse. I endured it for years before I took back control; this book can show you that taking back control is possible. And why you need to do it. Using my own experiences with emotional abusers, I have 9 steps that will guide you from victim to victor. These include: ● Showing you what emotional abuse is ● Guiding you through the warning signs of emotional abuse ● The emotional abuse test ● What causes emotional abuse ● How to take back control and exercises to aid you do this ● How to leave - safely ● Dealing with a break up ● Rebuilding self esteem ● Showing you what a healthy relationship is ● Bundles of inspiration to make you stand up and take back control As a fellow victim, I understand the pain you're

going through. When I first began taking back control from my abuser years ago, it came from the inspiration of a book like this one. Now here's my contribution.

**Emotional Abuse Workbook** - Theresa J. Covert 2020-12-25

Still struggling from the effects of an abusive relationship? - If you're feeling heartbroken over one particular individual and this heartache has been going on for a weirdly long time - If you are "stuck" on one person in your life, if you feel you are trauma bonded to an individual and can't move past feeling heartbroken over them, then ... This book will work to eradicate that completely. Do the following symptoms sound familiar? - Doubting yourself and your sanity - You're second-guessing your memory - Feeling like you aren't good enough - Feeling misunderstood - Feeling lonely - Ruined self confidence - Extreme weight loss or weight gain - Uncharacteristic jealousy/ insecurity - Feeling like you don't know the difference between right and wrong - Extreme paranoia (being turned into an obsessive detective) - Constantly trying to find explanations for what has happened - Feelings of helplessness and despair - Feeling desperately misunderstood - An inability to be comfortable with yourself - Sudden inexplicable anxiety followed by rapid dips into depression

WHAT YOU NEED NOW: -Someone who has the knowledge, training, education and experience working on himself and others to lead you through the emotional sh\*tstorm that breaking with a narcissist can create. But First, A Warning: Before we go further, let me make something abundantly clear: This workbook does not contain a "magic wand" that will bring you instant answers without having to do any work. What I'm about to share with you takes both time and effort and has worked wonders for me and my private clients. And I believe it can help you too. The exact process I'll be sharing with you has taken several of my clients from a state of frustration and feeling "stuck", to crystal clarity as to what they should do. So with that said, let me tell you You don't have to live this way forever Here's a fraction of what you're getting... - Trauma Bonding: Why you CAN'T Leave an Abusive Relationship - How to outsmart narcissists silent treatment and end the pain today - The psychological disorders that feed emotional abuse -

Unhealthy vs Healthy relationships: The signs you need to know - The easiest ways to identify emotional abusers FAST - 13 Must know signs of Emotional Abuse - What you MUST do to LEAVE an Emotionally Abusive Relationship - BOUNDARIES you MUST set with an abuser - How To Forgive When You Can't Forget - The Reasons why Empaths attract toxic people and how to protect yourself - Emotional healing: Techniques to overcome negative emotions - The steps to create an abuse-free future And so much more What's Holding You Back? - "I'm afraid of really hearing the truth." My book is designed with YOU in mind, and all of the information is delivered to you in a loving, gentle manner. You will never be put down by me, you will feel confident and supported! - "I'm not ready to do anything just yet. I'll get it when I'm ready to take action." This book doesn't force you to do anything you're not ready to do. You have all the time in the world to complete it, and you do it on your terms and at your speed.

TIME TO GO! Leaving Emotional Abuse and Other Forms of Abusive Relationships - Norva Semoy Abiona 2015

"This book is for you: Whilst some people may not know three people who are experiencing significant domestic abuse, I personally know at least one hundred individuals who have or are experiencing it. Sadly, I knew of at least five friends who have died as a result. I have experienced living through domestic violence and successfully left that environment many years ago. Now, because of that and my willingness to share my story, I have seen, heard and spoken to hundreds who are either in denial, or are content to accept abuse as part of their regular life. On the other hand I personally know many people who have left an abusive relationship and are really happy and abuse-free today. I wrote this book to help bring inspiration, information and motivation to as many more victims as I can. "--Amazon.

Emotional Abuse Recovery: Healing Your Heart After Codependent and Emotionally Abusive Relationships - Martha McDowell 2019-03-04

Abuse is no laughing matter. It comes in all shapes and forms, and it can be present in more than just romantically inclined relationships. ☐☐ Buy the Paperback version of this book, and get the Kindle eBook version

included for FREE ☐ Abuse can be found in any relationship you might find yourself a part of; it could be a romantic relationship or even a relationship with your closest friend. If you have picked this book up, there might be some signs in one of your relationships that has you worried. Maybe you are reading for a friend, and maybe you want to arm yourself with the knowledge that can help you navigate the sticky world of relationships. Whatever your reason for picking this book up is, one thing is certain- you will put it down having learned all you need to understand the difference between a healthy relationship and one in which you are being abused. Sometimes it can be hard to face the reality that we are in an abusive situation, and making excuses for a person becomes second nature, but what happens when you lose yourself in the abuse? There are many kinds of abuse that a person can experience, and it can be hard to figure out if the situation you are in falls under abuse. Many people think that because they are not being physically touched or hit, they cannot call their experiences abuse. Emotional abuse is a serious issue that many people go through and do not speak about because they do not think what they are experiencing is severe. The goal of this book is to introduce you to the different kinds of emotional abuse that you can experience in a relationship. While reading, you will discover what emotional abuse is, how to spot it in a relationship, and what to do about it once you know. Scroll up and hit "Buy now" button to learn how to make a difference in the way you handle your relationships.

*Abusive Relationships and Domestic Violence* - Jennifer Lombardo  
2018-12-15

Domestic violence often seems clear-cut, but some forms of abuse are not as easy to identify as physical abuse. Emotional abuse leaves no visible marks, although its effect on a person's psyche can be just as devastating. Understanding abuse is the first step toward ending an abusive relationship. Enlightening charts, annotated quotes from experts, and real-world examples help young adults identify abuse in relationships with romantic partners, close friends, or family members. This knowledge gives them the tools they need to break free of an unhealthy relationship or help a loved one do the same.

*Should I Stay or Should I Go?* - Lundy Bancroft 2011-11-01

From the bestselling author of *Why Does He Do That?* comes a relationship book that will help you make the decision of whether or not your troubled relationship is worth saving. Every relationship has problems, but you can't figure out if yours is beyond hope. How bad is too bad—and can your partner really change? Now, in this warm, supportive, and straightforward guide, Lundy Bancroft and women's advocate JAC Patrissi offer a way for you to practically and realistically take stock of your relationship and move forward. If you're involved in a chronically frustrating or unfulfilling relationship, the advice and exercises in this book will help you learn to:

- Tell the difference between a healthy—yet difficult—relationship and one that is really not working
- Recognize the signs that your partner has serious problems
- Stop waiting to see what will happen—and make your own growth the top priority
- Design a clear plan of action for you and your partner
- Navigate the waters of a relationship that's improving
- Prepare for life without your partner, even as you keep trying to make life work with them

*Healing from Emotional Abuse* - Haley Johanson 2015-05-07

When you think of an abusive marriage, images of physical abuse immediately come to mind. However, it's important to remember that abuse extends far beyond the physical realm and in fact it's emotional abuse that can actually leave the longest-lasting scars. Emotional abuse includes causing fear to another person through threats, intimidation, destruction of property, and forced isolation. It is often referred to as "psychological abuse" because of the impact it has on your psyche. Bear in mind that although psychological abuse does not necessarily result in physical abuse, physical abuse is nearly always preceded by psychological abuse. So although it's not guaranteed that the abuse will progress to being physical, it's certainly a possibility that you should take seriously. Studies show that both men and women physically and emotionally abuse each other at equal rates, but that the abuse by women on men goes largely unreported. In fact, the wife is actually more likely to use psychological aggression more often than her husband. This



book does not attempt to undermine or ignore the plight faced by men in an abusive relationship. However with that said, this book was written primarily with women in mind. Even so, the strategies discussed throughout can successfully be adopted by both men and women in an abusive marriage.

**Escaping Destructive Marriage** - Steve Collins 2023-08-20

Trapped in an Emotionally Abusive Marriage? Discover How to Break Free and Take Back Your Life Are you exhausted from feeling trapped in a toxic relationship? Do you dream of regaining your confidence and self-worth? Wondering if there's a way to escape emotional abuse and finally breathe freely? Guess what you are about to break free. You are not alone. Many women find themselves stuck in emotionally abusive marriages, suffering manipulation, control, and humiliation that slowly strips away their self-worth. Like many women, my sister's marriage gradually became a prison. At first, she overlooked the subtle control and manipulation. But the possessiveness, ridicule, and emotional neglect chipped away at her self-worth, year after year. She blamed herself - thinking she could fix things if she changed. In this book, I share my journey in helping her find the courage and strength to leave. It wasn't easy. But step by step, she built up her self-worth, I created an escape plan, and she broke free. In this book, you'll discover: Red flag behaviors that signal emotional abuse Steps to trust yourself again and break free of self-blame Legal options and financial planning to safely make an exit Rebuilding your confidence and self-love after abuse Establishing boundaries to prevent future manipulation Healing activities like therapy, journaling, and support Looking ahead to a life of freedom fulfilled on your terms And many more! We understand the fear that comes with change but remember, you're not alone. "Escaping Destructive Marriage" isn't just a book-it's a lifeline. It's your chance to connect with an expert that understands, to receive guidance from those who have walked your path, and to take the first empowering steps towards a brighter tomorrow. Don't let fear hold you back any longer. Embrace the opportunity to rewrite your story. With "Escaping Destructive Marriage," you have a chance to break free from emotional

abuse, heal your wounds, and create a life filled with empowerment and joy. Your journey toward liberation starts here. Get your copy of Escaping Destructive Marriage today and take the first step toward the wonderful future that awaits you! Wait no more, "SCROLL UP" and "BUY" this masterpiece now!!

**Extent, Nature, and Consequences of Intimate Partner Violence** -

Patricia Tjaden 2012-07-17

This report presents findings from the National Violence Against Women (NVAW) Survey on the extent, nature, and consequences of intimate partner violence in the United States. The National Institute of Justice and the Centers for Disease Control and Prevention cosponsored the survey through a grant to the Center for Policy Research. The survey consists of telephone interviews with a nationally representative sample of 8,000 U.S. women and 8,000 U.S. men about their experiences as victims of various forms of violence, including intimate partner violence. The survey compares intimate partner victimization rates among women and men, specific racial groups, Hispanics and non-Hispanics, and same-sex and opposite-sex cohabitants. It also examines risk factors associated with intimate partner violence, the rate of injury among rape and physical assault victims, injured victims' use of medical services, and victims' involvement with the justice system. Research on intimate partner violence has increased dramatically over the past 20 years. While greatly enhancing public awareness and understanding of this serious social problem, this research has also created much controversy and confusion. Findings of intimate partner victimization vary widely from study to study. Some studies conclude that women and men are equally likely to be victimized by their partners, but others conclude that women are more likely to be victimized. Some studies conclude that minorities and whites suffer equal rates of intimate partner violence, and others conclude that minorities suffer higher rates. In addition, there are many gaps in the scientific literature on intimate partner violence, such as the level of violence committed against men and women by same-sex intimates. Little empirical data exist on the relationship between different forms of intimate partner violence, such as emotional abuse and

physical assault. Finally, little is known of the consequences of intimate partner violence, including rate of injury and victims' use of medical and justice system services. This Research Report addresses these and other issues related to intimate partner violence. The information presented in this report is based on findings from the National Violence Against Women (NVAW) Survey, a national telephone survey jointly sponsored by the National Institute of Justice (NIJ) and the Centers for Disease Control and Prevention (CDC). The survey, which was conducted from November 1995 to May 1996, consists of telephone interviews with a representative sample of 8,000 U.S. women and 8,000 U.S. men. Survey respondents were queried about their experiences as victims of various forms of violence, including rape, physical assault, and stalking by intimate partners. Victimized respondents were asked detailed questions about the characteristics and consequences of their victimization, including the extent and nature of any injuries they sustained, their use of medical services, and their involvement with the justice system. This Research Report also summarizes the survey's findings on victimization rates among women and men, specific racial groups, Hispanics and non-Hispanics, and opposite-sex and same-sex cohabitants. It examines risk factors associated with intimate partner violence, rates of injury among rape and physical assault victims, injured victims' use of medical services, and victims' involvement with the justice system. Although this report focuses on women's and men's experiences as victims of intimate partner violence, complete details about men's and women's experiences as victims of rape, physical assault, and stalking by all types of assailants are contained in earlier NIJ and CDC reports. Because of the sensitive nature of the survey, state-of-the-art techniques were used to protect the confidentiality of the information being sought and to minimize the potential for retraumatizing victims of violence and jeopardizing the safety of respondents.

[How To Deal With A Controlling Person](#) - Terence A. Williams 2013-09-01 Dictators aren't just for countries. You can find them in relationships as well. A dictator is someone who decides how everything will be done and fully expects others in his world to abide by his laws. This article outlines 3 signs that you are probably in a dictatorial relationship. This is the most obvious sign, but a dictator makes the rules. No one else is allowed to contribute to the rule-making. If your boyfriend decides all of the rules and expects you to live by them, you are probably dating a dictator. One person in a relationship cannot make all of the rules. That is not the way that a healthy relationship functions. When one person makes all of the rules that the other must live by, that is controlling. If you don't do what your boyfriend tells to you may feel punished. He might ignore you or leave the house altogether and do something enjoyable without you. That is a form of punishing you. He will make sure that you realize you've done something wrong. When someone is as passionate about his rules as he is, you will begin to believe that he's right. It's important that you don't slip into his way of thinking. If he wants to pout and ignore you when you don't do what he wants, let him. Do not let him punish you. Just go about your day as if he's not upset. Another adult who makes you feel bad and tries to punish you in some way is manipulating you. These are all signs of what a woman who has gone through, but there is an answer and that's in *How to Deal with a Controlling Person*, by Terence A. Williams. Grab your copy today.

**The Verbally Abusive Relationship** - Patricia Evans 1992

Verbal abuse doesn't leave the same physical evidence as battery, but it can be just as painful, and can actually take longer to recover from. The new edition of this important reference covers the most recent developments in dealing with verbal abuse and answers the questions readers ask most on the subject.

## How To Leave A Mentally Abusive Relationship:

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