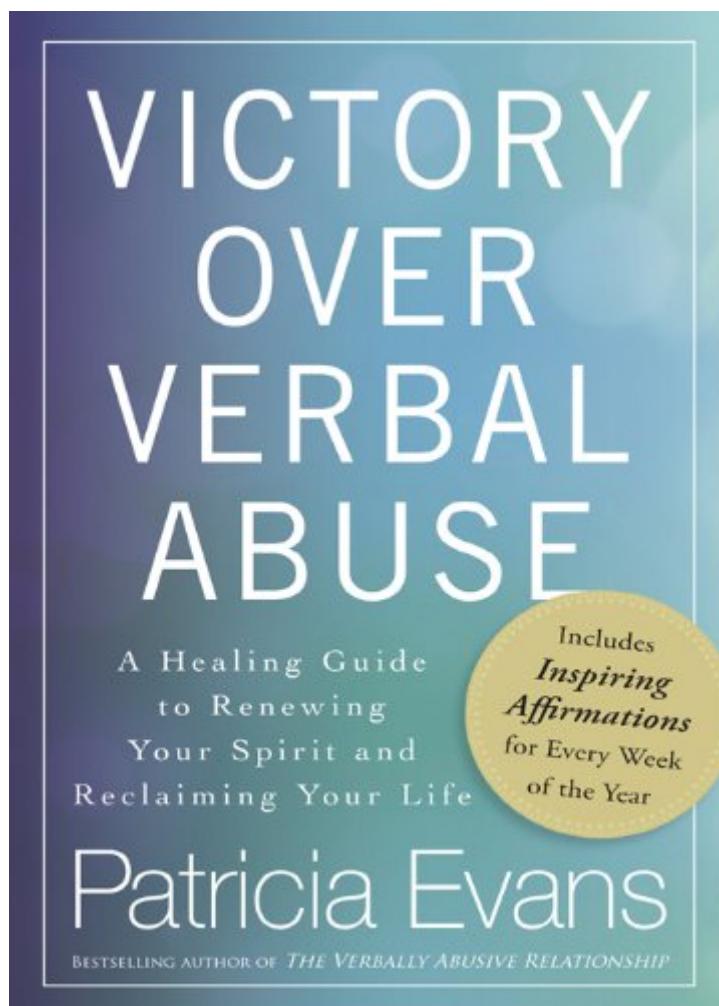


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# Victory Over Verbal Abuse: A Healing Guide To Renewing Your Spirit And Reclaiming Your Life



## **Synopsis**

"You're too sensitive." "You'll never amount to anything." "You're crazy." If this is what you hear--from your spouse, your parent, your boss--then you've been the victim of verbal abuse. This insidious behavior permeates our culture--from the privacy of our own homes to the public glare of our schools, workplaces, and other institutions. But you don't have to live with it. In this groundbreaking companion to her bestselling *The Verbally Abusive Relationship*, acclaimed public speaker, educator and author Patricia Evans brings you the tools you need to triumph over verbal abuse, no matter where or how you encounter it. She'll guide you step by step through a powerful healing process that provides:

A thorough review of available therapies

Strategies for dealing with abusers

Positive messages of support and encouragement

Inspiring affirmations for every week of the year

With Patricia's help, you'll achieve the clarity you need to build a new life--far from senseless accusations, wounding words, and confusing comments that have taken an untold toll on your psyche. You'll find validation, and learn to believe in yourself--and a better future--once more.

## **Book Information**

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## **Customer Reviews**

This is a wonderful, insightful, healing book. As a psychiatrist with 31 years in the medical

profession, I wish I'd encountered Patricia Evan's work much earlier in my career, and I would recommend this book not only to victims of verbal abuse, but also as required reading for all professionals in training as counselors and therapists. It is that good. The strengths of the book include (1) a rich, insightful definition of verbal abuse, (2) a key section on what doesn't work in combatting verbal abuse, and (3) insights about what freedom from verbal abuse means and the steps to take along the path to recovery. Evans defines verbal abuse as more than just name-calling and put-downs. Her definition includes any attempt by another (usually a partner in an intimate relationship) to define and assign motives to the victim. Thus, statements like "you're too sensitive" or "You're trying to pick a fight" or "what's wrong with you", are attempts to define, control, and pathologize the victim and would qualify as verbal abuse. Don't ever let anyone else define who you are, she advises. When someone else tries to do so, it is a reflection of their faults and limitations, and you are not to blame. A huge part of verbal abuse is, in essence, "brainwashing" - i.e., the abuser assures the victim that he or she loves them and knows best, giving out a confusing message to the victim. Awareness of the forms of verbal abuse thus serves as a huge antidote to becoming a victim because many people wonder what's wrong with the relationship - or what's wrong with them - without recognizing that the problem is a verbally abusive relationship.

Victory Over Verbal Abuse is an extremely validating book for those who have experienced verbal and emotional abuse. I've read some of Ms. Evans' other books, and found them to be very helpful in a practical way, but this book is reassuring and validating on a deep emotional level. The book confirmed for me that my emotions about being abused were common - that it's normal to feel confused and betrayed, to feel worthless, as if everything was my fault, and to even feel dread at the thought of facing the abuser. The descriptions of abuse and survivors' stories in this book parallel the events and feelings I wrote about in my memoir, *The Box of Daughter*, and firmly make the point that the problem in an abusive situation is not that the person being abused has it all wrong, the problem is that the abuser makes senseless, negative statements about that person in order to feel powerful. Ms. Evans defines verbal abuse very clearly - whether it involves abuse by parents, bosses, friends, or spouses - and demonstrates how children learn it from their parents, often growing up to become abusers themselves. She shows that the shock and trauma of verbal abuse can be even more disabling than physical abuse. Her words offer unconditional encouragement for becoming your own person and living up to your potential. The book also offers clear guidelines and helpful tips for recovering from abuse, and includes a chart of symptoms, which I found very enlightening.

Patricia Evans gives the best way for thinking about abuse I've encountered as a therapist specializing in this issue. As a woman married to a man of a different culture and generation, where misogyny is a given, her first book was a lifesaver for me. Her responses to verbal abuse worked. This book is simpler and describes perfectly how verbal abuse begins and how to end it. The women in 'my' domestic violence support group unanimously agreed that verbal abuse hurts worse than physical injuries. This was surprising until we unpacked the typical abuse pattern. Any abuse is about control and has nothing to do with anger. It usually begins with verbal abuse that is 'soul killing'. Trying to make sense of senseless attacks is exhausting. Making meaning of nonsense is impossible. Victory Over Verbal Abuse describes how it begins in a home that doesn't nurture the child (usually male), where he is misunderstood and perhaps entirely discounted. When little children play, they create a world where their toys say what they want, feel how they want, and do what they want. Especially for someone who is neglected or misunderstood, total control is more than delightful--it's a lifeline. In adulthood, this person wants and needs to recreate a situation of total control. If a partner doesn't think, feel, say and do exactly what he wants, his rage knows no bounds. Remember yelling, "It's not fair" when you were little? That's the feeling. She writes with empathy for both parties and doesn't make anyone entirely wrong, just frail and human. In easy-to-read fascinating vignettes with clear explanations, as much fun to read as a novel, the author describes the process and gives a magical response to verbal abuse. "What?"

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