

Characteristics of Emotional and Verbal Abuse

Emotional and verbal abuse includes the following things:

Non-verbal body language, including sneers, stares, and contemptuous looks and gestures that register disapproval, disdain, or threats.

Continual blame for relationship problems, the abuser's actions, and outside events.

Manipulation including the deliberate use of mind-games and strategies to control or get one's way.

Withholding of affection, approval, money, information, resources, attention, and participation.

Name-calling.

Silent treatments.

Denial which includes lying about actions, motives, thoughts, events, and feelings or pretending one doesn't remember something that happened when one actually does.

Threats of physical violence toward animals, children, the abused, and the abused's relatives, friends and property. Threats to take the children away from the spouse. Threats that involve withholding of resources and affection or any type of emotional blackmail.

Ordering someone to do things like a child including using an authoritarian voice inappropriate for an adult relationship.

Minimising which involves making light of the abused's emotions, concerns, needs, thoughts, accomplishments, and interests.

Intimidation to control or frighten accomplished through threats, looks, stares, sneers, use of an authoritarian voice, and demands that the abused do what is demanded "or else."

Yelling, raging, hostile anger, and passive aggressive anger when done repeatedly without taking responsibility and when used to control.

Interrogation which is demanding an answer to questions the way the abuser requires and not allowing the abused to answer with their own words.

Humiliation through purposeful degradation in front of others by criticism, comments, punishment, or cruel jokes.

Accusations include attributing feelings, motives, and intentions to the abused and accusing the person of doing things without proof.

Devaluing and disrespect using put downs, undermining achievements, sarcasm, interrupting, harsh criticism, rudeness, belittling, and anything else that communicates contempt and disregard.

Ridicule including mocking, telling jokes, belittling remarks, insults, and making fun of a person's efforts and individuality.

Purposeful ignoring of a person's requests and needs.