

EMOTIONAL VERBAL ABUSE

How to Recognize, Cope and Heal



by Dr. Jeanne King, Ph.D.

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I am most profoundly grateful to all my colleagues and patients, who have inspired me to provide them with insights and information on recognizing, coping with and healing from emotional verbal abuse.

And to those in my own life who have shown me the raw side of emotional verbal abuse. The wisdom I have encountered in articulating these insights has supported domestic abuse survivors worldwide.

While the content of this ebook came to Dr. Jeanne King, its inspiration to become a single edition came from the widespread need of our website visitors longing to know how to deal with emotional verbal abuse. It is both our honor and pleasure to bring you educational information to help you recognize, end and heal from domestic abuse.

Dedication

This ebook is dedicated to women and men on the receiving end of emotional verbal abuse, who long for peace and harmony in their personal relationships.

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1

The Role and Impact of Verbal Abuse in Abusive Relationships

Intimate partner violence is best avoided by understanding the warning signs of an abusive relationship. In an effort to help educate young women and increase awareness of relationship abuse, Kate Carlson, OTR/L interviews Dr. Jeanne King, Ph.D.

Question 1

Kate: Throughout the progressive stages of verbal abuse, is there a typical pattern you have observed through your years of experience? If so, what are the typical patterns an abuser uses and/or does there seem to be an over-riding goal or purpose to the verbal abuse?

Dr. King: In response to your first question, yes I observe a "typical pattern" and it is one of escalation over time. The escalation can be in intensity of the verbal assaults and/or in increased frequency of the verbal abuse.

As far as your second question regarding the over-riding goal or purpose of the verbal abuse, there is most definitely a purpose. And this purpose is to establish and maintain unequal power in the relationship. As the perpetrator secures more of the power in the relationship, so does he/she maintain more of the control. Ultimately, it's all about control.

Question 2

Kate: For example, with name calling or teasing (Airhead or calling her a Sex-atare) and when it is mentioned that this hurts her feelings or she finds the comments demeaning, his response is along the lines of minimizing or ignoring her feelings. Like... "You're making a mountain out of a molehill." Or, "Can't you take a joke?" But that the verbal abuse/name calling does not stop, in fact over time, it grows more frequent and negative. Is this commonly what you have observed in your practice?

Dr. King: Yes, it is the nature of the syndrome; that is the nature of intimate partner violence. The batterer will not assume responsibility for his/her actions as you point them out. Rather they will seek to externalize, minimize and deflect. Further, all having been done without regard for the experience of the other person...i.e. without empathy.

Question 3

Kate: If this is one common example, do you have other common patterns of verbal abuse?

Dr. King: The basic pattern is typically escalating and without ownership of one's actions or sensitivity of the impact of these actions on another.

Question 4

Kate: If you were to counsel a woman experiencing this type of verbal abuse, what would be some observations you'd bring to her attention and/or recommendations you'd offer?

Dr. King: The observations I'd bring to her attention have to do with her feeling state. That is, how does she feel when being verbally abused? When I can help someone taste that feeling, the light goes

off, and they see the verbal abuse for what it is.

As far as the recommendations, I'd offer:

- 1** Be mindful of the feelings within and be mindful of your response
- 2** Learn how to maintain your equanimity, deflect the verbal assault, and do not assume responsibility for it.
- 3** And lastly, always know the verbal abuse is not about you.

Question 5

Kate: What is going on in the interactions noted above and with verbal abuse in general? How does this escalation affect the victim's behavior/self-esteem over time?

Dr. King: The effect on the victim depends on how the verbal assault is received and what is done in response to it. If it is internalized, it can have a destructive effect, which over time can be psychologically debilitating. And yes it can impact one's self-esteem for a number of reasons, but that's another interview.

2

Emotional and Verbal Abuse Can Help You See the Light

Emotional and verbal abuse are important symptoms, and part of the syndrome of intimate partner violence. They are friends; not enemies.

They are not information/experiences to get upset at, but rather let them grab your attention and seek to understand more.

I liken it to frequent awakening in the middle of the night, or to the chills or constipation. You've probably had that.

A sleepless night may be a signal for you to ask yourself, "Have I been balancing my rest and activity properly?" Chills could be a sign that your body is trying to rally-up the resources to fight a little viral intruder. And constipation may be telling you that you don't have enough fiber in your diet. You may require more vegetables and fruit.

If you only focused on the discomfort of any one of these symptoms (sleeplessness, chills, constipation), you may overlook its root cause. And if you only treat the symptoms, you may get blind-sighted by the broader, bigger picture down the road.

The same is true for emotional and verbal abuse

If you only focus on the psychological, mental, emotional, verbal assault, you may very well miss the more important larger

perspective...that being the underlying constellation of **intimate partner violence**, partner domestic abuse. Far too often we see couples dwelling on each and every little hurtful tit for tat, while keeping the huge elephant under the living room carpet.

Seek to discover the bigger picture—the underlying domestic abuse dynamics—in the face of emotional and verbal abuse. It could save you your life, your children, your home, your health, your savings and more...



3

The Lack of Emotional Safety as an Internal Indicator in Abusive Relationships

Emotional safety is vague when it isn't there, and it's ever so palatable when it is. What is being emotionally safe?

And how does this serve as an indicator...an internal **red flag** of a potentially destructive relationship?

What is emotional safety?

"Emotionally safe" is a feeling that your inner most thoughts, feelings and experience are, and will be, honored as one honors themselves. You need not prove, nor impress; you just simply are. When it is present you feel open, even, at ease, and fluid with the spontaneity of a healthy child.

The absence of being emotionally safe carries an air of guardedness, and an uneven tempo of highs and lows, of opening up (possibly for the wrong reasons) and closing down often without awareness of the tendency to do so.

When emotional safety is there, you know it. When it's not there, you may not know it until you are a part of what keeps it going.

How might the lack of emotional safety be an indicator of a less than positive relationship?

The lack of emotional safety is one of the primary internal indicators of a potentially abusive relationship. It may be as subtle as not honoring your privacy, your boundaries, your interests, your experience, your feelings, or you for who and what you are.

If you are in a relationship in which your emotional safety is not absolutely palatable, be mindful that you may be walking into some potentially dangerous waters. If you are perplexed as to even knowing emotional safety in a relationship as something tangible, then you may want to better understand the red flags of abusive relationships.

4

Emotional Abuse: It's Not about You

Some emotional abuse is so subtle; it blind-sides you before you have identified it. And you remain overlooked, devalued and confused. Sound familiar?

I often hear women say, "I can't understand why he won't let me out of his sight; let's face it, the guy can't find anything good about me." "So why must he have me around, if he hates me?" they wonder.

He doesn't REALLY hate you; rather he hates himself in the moment he's devaluing you. But it may not look that way from the inside looking out.

An emotionally responsible person might share their sense of vulnerability in the moment or not. Whereas, an emotionally abusive partner will rush to find your shortcomings, and then carrots his affections ostensibly in the face of your flaws.

What does this do and how does this benefit the battering partner? It keeps him in control, no matter what he feels about himself or how he feels about you.

His emotional abuse toward you is not about you. However, it doesn't always look that way when you are on the receiving end of emotional verbal abuse.

Emotional abuse, even in its most subtle form, is part of what an abusive partner does to establish and maintain control in the relationship. And the possessive behavior is yet another aspect of the same dynamic characteristic of intimate partner abuse.

5

Why Does She Let Him Talk to Her Like That?

What's wrong with her for "letting" him talk to her like that? This is the first thought of an outsider looking in on an abusive encounter of an abusive relationship.

Dr. Phil was interviewing a couple obviously in an abusive relationship. He asked the woman how she felt about her husband saying that he was only staying in the marriage so he wouldn't have to give her child support. When asked how she felt about that, she replied, "I didn't know that."

So again Dr. Phil asked, by saying now that you do know, how do you feel about that? As he is asking the camera captures a blank look on the woman's face and audience shots of folks in shock. If words could speak their expression, I'd guess it to be: *how can she let him talk to her like this and have no response?*

I would venture to say that this woman has become anesthetized to demeaning commentary—void of honoring, dignity and respect—from her partner. Just like the way we acclimate to the onset of winter. You don't go from 100 degrees to single digits.

No, gradually you are exposed to one assault and by the time you have reconciled it in the context of your relationship, another one is delivered. Eventually over the years it becomes the wallpaper of your relationship wherein you expect your partner to think, feel and act in a rude, condescending, overly critical, unappreciative way.

It is introduced gradually over time. I doubt this woman met her husband and he proposed to her by saying, *I want to marry you and*

stay with you so I won't have to pay child support. Get the picture?

The real question here is, what is wrong with him that he is behaving as such? Moreover, the challenge for intervention is how can both of these people individually awaken to their toxic relationship and the way in which each supports the status-quo both consciously and unconsciously.

If you recognize yourself in this little vignette, look to the subtle communication patterns of abusive relationships. It will help you shine the light on the mechanics that sustain its ugliness. And from here, you can know how to change the status-quo and break the cycle of verbal emotional abuse.



6

Emotional Verbal Abuse: Signs that Serve to Save Survivors

Women say, I was glad when he hit me, because I finally realized what was on my plate. I finally got it. This is abuse!

Do you need the altercations in your home to become physical before you can see them for what they are? If so, you could be making your remedy more difficult, more debilitating, than you may imagine.

Each time a verbal assault occurs, is neutralized, rationalized, forgiven, and swept under the carpet, the elephant that forms under the carpet gets larger and larger and larger...until the day comes when it's so large we trip over it.

Allowance for verbal and emotional abuse

The verbal attacks and emotional blows are simply another medium of battering. And some people will tell you that the scars of these wounds can be as destructive, if not more, than those of physical abuse.

When on the receiving end of verbal and emotional abuse from

someone you love, it is easier to create “permissions” by our own internal denial mechanisms, even though we may know the verbal and emotional abuse are “wrong.”

The psychology here is the two contradictory behaviors—emotional verbal attack and multiple expressions of promise, caring and perceived love—are cancelled out by the person on the receiving end, all with the hopes of starting anew. Yet, when physical abuse creeps into the picture, a whole new level of rationalization must take place for the couple to move forward in the abusive relationship.

Emotional and Verbal Abuse Maintain the Threat of Physical Abuse

Once they do move forward in the relationship, the emotional verbal abuse can be used to sustain the abuse dynamic. How and why? Because, the use of the verbal assault serves to remind the victim that the big blow is right around the corner. This knowing invariably complicates the survivor’s dealing with the abusive relationship. What happens is it keeps her in the corner for longer periods of time.

If verbal abuse or emotional abuse knocks on the door of your relationship, see it for what it is before it spirals into physical abuse. The sooner you do, the easier it will be for you to remedy the conflict you live in your home.

7

The Problem with Promises after Verbal Abuse

We've all heard it happens and if you've ever been in an abusive relationship you know those promises like the back of your hand.

They seem so sweet in the first handful of rounds living in an abusive relationship. And all that happens in the relationship immediately after feels just the same...real sweet. HONEYmoon sweet.

You know there is a "but" coming here. I know you can feel it.

...But, when one yields to the promises, here's what happens.

For the Abuser

Abuser conditioning - Taking the person back after an assault (whether physical, emotional or verbal abuse), essentially sends a message that the abuser can "get away" with that level of abuse. This is part of how the stage is built for permission for the next altercation to magnify, to be more severe than the one before. *Well, if I can get away with that one, then...*

For the Abused

Breeds false hope for victim/survivor. Why? Because the promise

in and of itself is not what changes battering behavior. The promise fails to take into account the etiology (the cause) of the assault (again, whether verbal abuse, emotional abuse or an outright physical assault). More often it only, yet dearly says: *I won't do that anymore. Things will be different.*

For the Couple Entangled in an Abusive Relationship

It **rekindles the status quo**, while diverting attention from the real issues. So, in addition to complicating both parties' individual understanding of the altercation, it keeps the couple's "elephant under the carpet"...exquisitely covered so no one can see. Not those looking from the inside out, much less those looking from the outside in.

If you find yourself face-to-face with one of these promises, be mindful of all of the implications that go hand and hand with it. The more you know earlier on, the less likely you will be a consequence (a victim) of an abusive relationship spiraling out of control.

8

How to Stay Out of the Line of Fire When It Comes to Verbal Abuse

The moment the verbal assault springs off his/her tongue, the natural reflex is “ouch.” Correct? But lucky for you, it doesn’t have to be.

Let’s face it, you cannot control what’s up with another person, much less what they dish out, but you certainly can control yourself. And when it comes to verbal abuse you have a choice.

What is your choice with verbal abuse?

You can let in or not let it in! Okay, I can hear you thinking: that’s easier said than done. However, I’m not sure it’s a matter of “ease” as much as it is a discipline that grows out of you from within.

It’s a discipline that says...

- 1** I choose peace over being right.
- 2** Your actions, feelings and thoughts are about you, not me.
- 3** I am the commander of my temple and I control what comes in and what doesn’t enter.

And as I practice this subtle, yet profound discipline, their verbal abuse remains theirs, and does not become my “ouch.”

Keys to implementing this verbal abuse deflection

In order to practice this discipline, there must first be a real understanding that the other person's actions, feelings and thoughts are theirs...and theirs alone. And you must honor what they are, irrespective of what it is that they are.

Now, of course, this in no way means that you stand in the line of fire and simply take it. No, to the contrary. You can choose to leave, deflect the comment, or merely see it as something deeply disturbing within them. Period.

Each time you meet your partner's, your parent's, your coworker's, your friend's verbal abuse in this way, you will amaze yourself in the way doing so strengthens you internally.

9

Mind Matters and YOU Are the Manager of Your Mental Chatter

Mind matters, no matter what you think. What we think is what we draw onto ourselves. Our thoughts are truly magnets.

Often we have, and hold onto, thoughts that don't serve us and in fact, bring us just the opposite of what we desire. Yet, we continue harboring such thinking.

While of course this is naturally human, be mindful of the way in which it can, and will, trick you up every time. That I promise.

If you are a domestic abuse survivor and you think and feel the words and feelings showered upon you by your current or former perpetrator, what might you expect from that?

Think about it. You can and will bring onto yourself the creation, the manifestation of those thoughts. Ouch!

So how do you change your thoughts? We know that simply saying to ourselves NOT to think such and such only makes us think about it more and more... It's like saying don't think about an elephant. (Now what's on your mind?)

Rather than you letting go of the thought, imagine if it let go of you. In my own healing after my nightmare run in with family violence and the legal abuse syndrome, I discovered a process that is a razor sharp way to change unwanted thinking.

You may have heard me talk about **The Work** by Byron Katie. It's

actually a very straight forward process that helps you let go of thoughts that don't serve you; that is, thoughts that don't serve your highest good. Actually, you don't let go of the thoughts; the thoughts let go of you.

If you are struggling with thoughts that run you down, put those thoughts to inquiry until they let go of you. And under that block of thought will be a more authentic YOU.

For personal assistance in doing this inquiry, and facilitating unwanted thoughts letting go of you, [contact us](#) to set up an individual, private session.



Domestic Violence Recovery – Fear Is a Choice and Has a Consequence

10

If you chose fear, then the object of your fear is scary. If you chose not to fear, the object is neutral. Fear is a choice.

And the choice you make will determine how you see the other person, thing or situation AND how you experience yourself relative to that person...how you experience yourself in that situation.

This simple little principle, as it relates to domestic violence survivors, can be easily seen through the analogy of public speaking.

We hear that public speaking is listed as the leading fear among most people. Many people say they'd rather die than stand before an audience and speak.

I liken the way we relate to the audience we fear to the way domestic abuse survivors relate to their former batterers. Most survivors will do anything to avoid the interaction.

Now this is not to say that former batterers are not or cannot be dangerous. Because many are indeed viscous to their ex-partners long after the relationship has "terminated."

However returning to our analogy...when you fear the audience, they are really scary and you are nervous and project being scared. Whereas when you embrace the audience as neutral, you see them as non-threatening and you allow for a natural flow of communication to occur and communion to establish.

If you are a survivor of domestic violence, cultivate the capacity to **neutralize the object of your fear** and you will discover how utterly empowering it is for you, even while you maintain realistic precautions with respect to this person. You will discover a side of yourself you knew before the battering relationship, and you will be happy that you did.

Emotional Healing for Domestic Abuse Survivors

Often times the emotion domestic abuse victims/survivors feel is so intense, it seems like it could consume you. I think this is partly due to the isolation that characterizes the syndrome.

There aren't a lot of people to talk to about what's going on and many times there is no one at all. The emotion builds internally until it feels as though it may implode onto itself.

Experiential Focusing and Emotional Healing

Don't let that happen. Here's what you can do. It's a little procedure that is an excellent way of moving psychological, emotional and mental distress forward. It's called "**experiential focusing**," originally introduced by Eugine Gendlin in the 70's.

Here's how it goes. In the moment you feel the distress, close your eyes and let your attention fall inward...first notice your breath as it moves in and out of your body.

Then, as you feel some inward settling and orientation from within, pay attention to the part of the body where you normally feel things.

Possibly this is in your gut, your chest, your shoulders, your neck...wherever you typically feel bodily sensation when you are

upset or disturbed in any way.

Now stay with this... You will notice that as you pay attention to the part of the body where you normally feel things, what will happen is words will bubble up...bringing meaning to what's felt.

With some back and forth inquiry, those words can move/transform the emotional distress—sometimes subtly and sometimes dramatically. Ultimately one discovers, in doing this, a shift. An experiential shift that actually leaves you different with respect to what previously troubled you.

Your Emotional Healing

Now I know it's hard to follow something like this from the written word as it is happening. Read this to yourself over and over and enact these little instructions next time you are having some emotional, psychological or mental distress.

You will be moved to notice how you can actually move the emotion...how you can discover what's under the emotion...how you can create your own emotional healing.



Healing from Emotional Abuse: The Memory Is in the Muscle

The memory is in the muscle. We hear people vividly taste remnants of the feelings surrounding old trauma when faced with a trigger of the context in which that original trauma was experienced.

It's truly as though the memory is in the muscle

We know this phenomenon to be characteristic of post-traumatic stress. What's unclear for many is how the emotional memory remains dormant in the psyche and in the tissue over months, years and decades.

It is as though all of the sensory neurons of the traumatized memory remain intact. And once re-tasted, they carry much of the cognitive components associated with that feeling state.

There are a number of therapies designed to disentangle the memory on the neurosensory level. One very practical and cost-effective way of accomplishing the diffusion of the affective/physical and cognitive flood of such trauma is to ground oneself at its initial onset and recast the experience to be commensurate with one's current surroundings.

This is easier than it sounds. In the face of the flood, let your

attention go inward to the place in the body where you normally feel things. Chances are the experiencing of this memory will be magnified here.

In relation to this bodily felt sense, you can engage an innocent inquiry that has the potential for the memory to let go of you, and thereby lose its hold on your experience in the moment.

For example, you may ask yourself*:

- Is my perception true?
- Can I really know it to be true?
- How do I react when I embrace this thought?
- How would I be without this thought?

Then turn this thought around.....

To enhance the success of this inquiry, let your attention be filled with breath and stay with that until respiration relaxes the physiology and grounds your mental emotional state.

If you walk into past trauma that remains dormant in your muscular memory, this is something you can bring into check. And over time, you will be pleasantly surprised at your ability to regain your current balanced demeanor of internal harmony.

* Adapted from The Work of Byron Katie



The Therapeutic Value of Writing in Healing Physical & Emotional Trauma

Automatic writing comes with lots of “ho ho”...or shall I say “woo woo.” But the fact is this exercise affords the most profound psycho-physiological healing on the planet.

You may be familiar with the well-known research by James Pennebaker, Ph.D., et. al. in the 80's revealing the health and healing effects of writing about traumatic experiences. This research showed that those who journal regularly about traumatic experiences had fewer illnesses and physical symptoms, less depression and anxiety, greater cellular immune-system function...and the list goes on.

How writing helps domestic abuse survivors

So what is it about writing, and what is the healing mystery of automatic writing? I believe that writing automatically about traumatic experiences releases the embedded physical trauma from the tissue...from the cells...from the psyche.

And the mere lingering in the attentional state of focused, effortless mindfulness, suffice it to say serves as a platform for magnificent release and significant healing. This fact we know from the centuries

of antidotal data and more current scientific research on meditation.

Nonetheless, once implicit trauma releases in the form of the written word, the natural state of harmony appears in what remains. And from here, there is greater well-being, less pain and fewer symptoms.

First hand testimonial on benefits of writing for healing abuse

In my own personal life, I took solace in the pen and wrote about the most traumatic experience of my life: my experience of and extradition from an abusive relationship. The creation of this book, [All But My Soul: Abuse Beyond Control](#), afforded me an experience more satisfying than ever imaginable. To this day people ask, "What is your secret to thriving amidst adversity?" Here it is.

If you have weathered trauma of an abusive relationship, make friends with your pen or keyboard. Go to it daily and effortlessly let the words write themselves. You will happily welcome the glow that follows this discipline and your body will thank you for letting the trauma go.

Psychophysiological Illnesses of Emotional Verbal Abuse

Migraines, irritable bowel syndrome, essential hypertension, insomnia, chronic anxiety and depression are just a few of the ongoing complaints of domestic abuse survivors.

And it's not surprising. These conditions are ALL mediated by the sympathetic nervous system, a system that is perpetually "on" for individuals whose lives are entangled in domestic abuse.

Stemming back to our caveman ancestors, we inherited a physiology that is built to protect us from the perceived threat of impending danger. And when present, sympathetic arousal occurs.

For example, when the caveman saw a tiger, the thought "tiger" registered, activating a limbic system response of "fear"...ultimately, resulting in an adrenergic response that prepares the body for "fight or flight." And with this, of course, the proper body systems are mobilized to deal with the circumstances at hand.

The Good

Here's what happens: blood rushes to the core of the body and away from the periphery, fueling the core organs, (heart and lungs) for this magnificent maneuver. Blood is pumped to the large muscle groups to enable rapid exit or fierce fight.

Numerous other physiological changes occur. You're getting the picture, correct?

In a nutshell...

- 1 Your cardiovascular system is aroused: increased heart rate, rise in blood pressure.
- 2 Your neuromuscular system is activated: increased muscle tension.
- 3 And your gastrointestinal system shuts off: dry mouth, build up of acidity in the gut, bowel and bladder relax.

This is sympathetic arousal; that is the activation of the sympathetic nervous system. It is our body's response to impending danger. It's your survival mechanism, your natural stress response. This is good.

The Bad

However, here's where it's not good. In the same way that our bodies are built to trigger this response, so are we built to cycle down when the impeding danger or perceived threat passes.

And since our physiology can't distinguish the difference between real and perceived threat, we have the ability to keep this stress response "on" such that complete cycling down fails to occur.

Then when the next tiger comes our way, naturally we are appropriately aroused, but this time the excitation starts from an already elevated point of arousal, thereby resulting in a higher-level stress response.

Now for a moment, let's envision our creating a habit, if you will, of not fully cycling down between each perceived threat...between each tiger crossing our path. What happens?

Your body systems, associated with the stress response, remain "on" and at higher and higher levels of arousal over time with subsequent activation. This is what we call "**chronic stress**."

The Ugly

Here's the danger. When you keep these organ systems functioning as such, eventually they show symptoms of excess activation. This is the basic etiology of stress related illnesses: migraine headaches, muscle contraction headaches, irritable bowel syndrome, essential hypertension, insomnia, chronic anxiety, depression...and the list goes on.

If you are a domestic violence survivor suffering with any of these conditions, seek to cultivate habits that turn "off" the stress response. This will off-set damage done by a pattern naturally inherent in a current or past life of constant criticism, unpredictable partner rage, and ongoing caution, trepidation and fear.





Inner Healing for Inner and Outer Bruises

What is the actual platform that evokes the mind-body self-repair mechanism, and how do you invoke it to mend inner and outer bruises of domestic violence?

So often we hear of domestic violence survivors struggling to access their self-repair mechanism at will largely because they are not accustomed to doing so.

When our bodies are at a **maximum state of rest**, purification is inevitable. Our system is built to release that which is toxic and that which impedes proper functioning.

How do you introduce yourself to this level of psycho-physiological rest?

That is the real question.

In over 25 years of teaching self-regulation to people from all walks of life, I realize that learning this skill is a matter of **surrender and discipline**. By that I mean: surrendering to the process and putting forth discipline of regular practice, with innocent yet clear intention.

The platform is the pristine rest and the mechanism invoking this is ***inward, effortless attention*** until the boundaries between inward and outward disappear. Now I realize that this may be sounding a bit out there. Trust me it is right here, and inside for all those who seek natural self-repair.

Your Turn

Take a moment and let yourself feel the life of breath moving in and out of you, as though it breathes you. You can even think the thought, "***It breathes me.***"

For a moment, go ahead and close your eyes and notice the bodily sensations associated with inhaling and exhaling. Now stay with this without forcing attention to behave for you, but rather ever so gently guiding yourself back to the designated point of focus as you drift—which you will, as this too is part of the process.

In fact it is this drifting that is the mental counterpart of the releasing inherent in self-repair. It is where the gold of health is. Come to know it. It is the foundation for self-healing both inner and outer bruises.

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7 Secrets for Greater Well-being after an Abusive Relationship

Adversity is part of life. It comes in all shapes and sizes. It's not what happens to you; it's what you do about it that matters most.

Battered women also come in all shapes and sizes. And I'm convinced that what they choose to do with their circumstances, after the fact, is far more important to the bigger picture of their lives than anything else.

Here are some things that will increase your well-being after an abusive relationship.

1) Keep yourself in a place of pure, positive energy

Certain things we do and think elevate our feelings, our energy state. That is the state at which we vibrate. (Please...now take a deep cleansing breath, and come with me out of the boxing ring of the social legal crime back to your mind, body and soul.) Find those activities that **elevate** your mood and make them a **routine** activity.

2) Do what you love and the money will follow

While it is true that the financial issues of leaving an abusive relationship are often overwhelming, they're not insurmountable. Do what is necessary to keep you and your children, (if they are in the picture) comfortable with the basic life essentials. And with whatever time and energy you have left, **do what you love**. The more you do it, the more time you will have to do it. Over time, "the what you love" can become your primary source of sustenance.

3) Let inner peace be your top priority

If inner peace is your primary priority, then your battles are ultimately over. Why? It takes two to tango. And if you have chosen peace, there is less war. Now don't take this to mean that you'll never be attacked or assaulted by another, as you don't control that. More importantly, I bring your attention to two points: a) you have a choice, and b) peace can be yours.

4) Choose to be calm and centered, over being right

My comment above, leads right to this one. It's not about being "right;" it's about maintaining your inner "rightness." Let's face it, you didn't like it when your whole life was about his/her being right and you being on the other end of that, did you? So rather than change sides, simply because you may be able to, or think you "should" (as you have learned that is how those in power do it), choose to be calm and centered over being right.

5) Know that whatever has happened in your life, happened to serve you and those you serve

There are truly no coincidences. Rather than holding on to the misfortune of "it," look to the possibilities remaining. As you do, you will see how that which happened to you serves you—in spite of its inherent sacrifices—and ultimately can be put to the benefit of serving others. If you know of my story, you know I'm living proof of this.

6) Make peace with the universe

When we are battered, we become conditioned to believe that we are easily taken advantage of...or people simply take advantage of you. Not so! The larger fabric of life is **inter-universal-support**. Let this become the wallpaper of yours.

7) Indulge in that which gives you a natural high

I think if you do this, the other things mentioned will find you. And from here, you will increase your well-being following an abusive relationship.

About the Author



Dr. Jeanne King helps people recognize, end and heal from domestic abuse. She is a 30-year seasoned psychologist, published author and leading expert in identifying the subtle communication patterns of battering relationships.

Dr. King serves as a consulting expert in criminal and civil cases of family violence, and offers keynotes and training for government and healthcare organizations nationwide. She has been featured in dozens of newspapers and appeared on numerous radio and TV talk shows across the country. Her work is known as the bridge between psychology, healthcare and domestic abuse advocacy.

Dr. King received the **Heart of Gold Award 2006** for outstanding humanitarian contribution by Harv Eker Peak Potentials Training in recognition for her work in domestic abuse education with healthcare professionals.

Her groundbreaking book *All But My Soul: Abuse Beyond Control* has been used as a college textbook in criminal justice and has helped thousands of people break the cycle of abuse and reclaim a life of peace, dignity and respect.

Dr. King developed the Intimate Partner Abuse Screen®, which is an assessment tool that makes detection of intimate partner violence more expedient and accurate in both professional and personal use. It is the first tool to clearly bring to light the subtle communication patterns of intimate partner violence.

Dr. King earned her doctorate degree in Psychology from Northwestern University. She was founding director of the Chicago Center for the Treatment of Pain and Stress, and past president of the Illinois Biofeedback Society. Before shifting her focus to helping abuse survivors and their advocates, she pioneered the **Biofeedback and Stress Reduction Program**®, conducted in hospitals with thousands of patients for the treatment of pain, stress and illness.

Her shift in professional focus from bio-behavioral medicine to domestic abuse advocacy was precipitated by her own personal encounter with family violence and the legal abuse syndrome. Instead of letting the tragedy of her own losses define her, she chose to turn the crash into a crusade and inspire her to help others.

That inspiration ignited the vision for Partners in Prevention: to bridge healthcare delivery and domestic abuse victim advocacy.

If you want help in shining the light on domestic abuse for your patients, visit healthcare provider domestic abuse assessment.

If you want help with domestic abuse at home or in court, feel free to contact us for personal assistance by visiting:
<http://www.enddomesticabuse.org/consulting.html#apt>

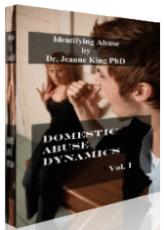
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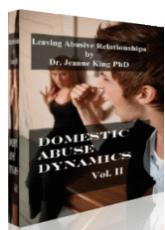
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Domestic Abuse Dynamics Volume I

"Identifying an Abusive Relationship?"

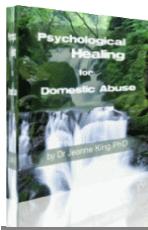
End your confusion about domestic abuse. This eBook shows you the social and psychological dynamics of domestic abuse. Learn **how to identify abusive relationships** and understand the dynamics that bind these relationships.



Domestic Abuse Dynamics Volume II

"Breaking the Cycle of Abuse"

What is the **psychology of breaking the cycle of abuse**? This ebook reveals the personal and interpersonal issues that keep domestic abuse going and what breaks the cycle of abuse. It gives you the inner wisdom to accomplish the goal of **safely ending domestic abuse**.



Psychological Healing for Domestic Abuse

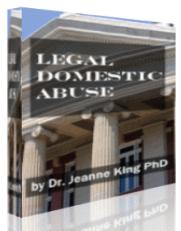
Weathering an abusive relationship can be psychologically debilitating. Healing the inner wounds, lingering scars and habits

of victimization and conditioning in an abusive relationship is the theme of this healing gem.



Domestic Abuse Healing from Within

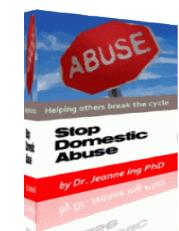
If you want your healing from domestic abuse to permeate every fiber of your being, this eBook is for you! It will show you the **mechanics of your body's natural self-repair**, strategies for mending the mind and heart, and...



Legal Domestic Abuse

"Successfully Navigate the System"

Far too often when you think it should be coming to an end, your real war remains ahead: **legal domestic abuse**. This eBook will shed light on what you will want to know to **successfully navigate the system** in your route to safety for you and your children.



Domestic Abuse

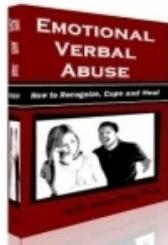
"Helping Others Break the Cycle"

How do I help her/him see the light? How do I help someone I care about **awaken to the danger** they live and deal with their circumstances in a way that serves their highest interest? These are the questions of parents and friends of individuals in abusive relationships.

All eBook Titles Are Available at www.preventabusiverelationships.com/ebooks.php

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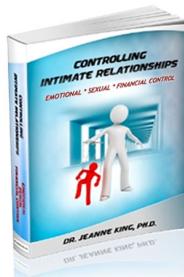
eBook Selections by Dr. Jeanne King, Ph.D.



Emotional Verbal Abuse

"How to Recognize, Cope and Heal"

Recognize emotional verbal abuse as it lives in your relationship. This understanding can equip you with the tools to avert the potential impact of emotional verbal abuse and even arrest its insidious flow. It will show you powerful **methods for healing**...freeing you from carrying these wounds any further in your life.

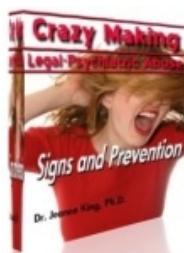


Controlling Intimate Relationships

"Emotional - Sexual - Financial Control"

Your partner's "take-charge" personality has robbed you of knowing and being what and who you are.

Controlling Intimate Relationships helps you recognize and change the control dynamics...including **psychological, financial and sexual control**.



Crazy Making Legal-Psychiatric Abuse

"Signs and Prevention"

Crazy-making legal psychiatric ploys torment domestic abuse survivors at home and in divorce court. However, just

because he/she wants the world to believe you are the "crazy" one, you don't have to wear the crazy hat. Learn to identify and stop the devastating impact of crazy making legal-psychiatric abuse.

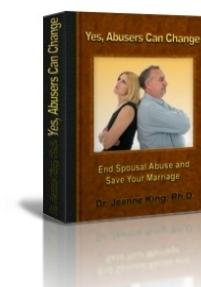


Abused Men

"How to Break the Cycle and Heal"

Being battered and being a man almost sounds like an oxymoron. You don't have to bear it in silence any longer. **Abused Men: How to Break the Cycle and Heal** offers help to battered

men on how to recognize, end and heal from intimate partner abuse.



Yes, Abusers Can Change

"End Spousal Abuse and Save Your Marriage"

Marital therapy, psychotherapy, anger management not working for you and

your partner. Learn how domestic violence counseling promotes **change for batterers and healing for domestic abuse survivors**. This eBook helps you and your partner identify, engage in and benefit from effective domestic abuse treatment.

The proceeds from eBook sales support the work of **Partners in Prevention**, a 501(c)3 public charity dedicated to helping individuals, families and healthcare professionals to recognize and end domestic abuse.

Thank you for helping us end domestic abuse.

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