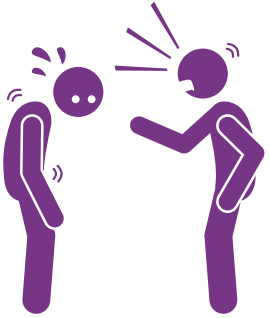


# 5 Signs of Verbal Abuse

Verbal abuse is a form of emotional or psychological abuse that involves using words to control, manipulate, and belittle another person. Here are the top 5 signs of verbal abuse:

**Constant Criticism and Put-Downs:** Verbal abusers often criticize their partner's appearance, abilities, or actions in a demeaning and hurtful way. They may make negative comments about their partner's intelligence and appearance or even mock their opinions and feelings, causing a decrease in self-esteem.

**Name-Calling and Insults:** Verbal abusers use derogatory language and name-calling to belittle their partners. This can include using offensive slurs, calling them names, or using demeaning language to undermine their self-worth and confidence.



**Blaming and Shifting Responsibility:** Verbal abusers frequently avoid taking responsibility for their own actions and instead shift blame onto their partner. They may twist situations to make their partner feel guilty or at fault for issues that are not their responsibility.

**Threats and Intimidation:** Verbal abusers may use threats, whether explicit or implied, to maintain control over their partner. These threats can range from emotional manipulation to physical harm, creating an environment of fear and anxiety.

**Isolation and Controlling Behavior:** Verbal abusers often engage in tactics that isolate their partner from friends, family, and support networks. They may be excessively jealous, demand constant attention, and try to control who their partner interacts with, effectively limiting their independence and social connections.

It's important to note that verbal abuse is often part of a larger pattern of abuse that can include emotional, psychological, and sometimes even physical abuse.

While these are the five common signs of verbal abuse, it is important to remember that every situation is different, and abuse can take on many forms. It is important to be aware of your feelings and those of your partner when it comes to communication. Paying attention to red flags, using open dialogue, and seeking help if needed are all essential components of maintaining a healthy relationship.

If you or someone you know is experiencing any of these signs, it's crucial to seek support and consider reaching out to a professional, such as a therapist, counselor, a domestic violence hotline, or contact us at [info@slidfnd.org](mailto:info@slidfnd.org) or 919-791-5578 to explore available options and ensure safety.