



VERBAL ABUSE

RECOGNIZING THE SIGNS

It might not leave any bruises, but verbal abuse causes emotional pain and scarring, and can often lead to physical violence. Verbal abuse can be recognized in many behaviors including:



NAME CALLING, INSULTS,
AND CONTINUAL CRITICISM



USING WORDS TO
ISOLATE AND CONTROL



HARASSMENT IN PERSON,
ONLINE, OR OVER TEXT OR PHONE



PUBLIC HUMILIATION OR
EMBARRASSMENT



CONSTANT JEALOUSY
OFTEN SURFACING AS
ACCUSATIONS OF CHEATING



BLAMING OTHERS FOR THEIR
OWN HARMFUL BEHAVIOR



TELLING SOMEONE THEY DESERVE
TO BE MISTREATED OR DO NOT
DESERVE LOVE



STARTING
DESTRUCTIVE RUMORS



THREATENING TO EXPOSE SECRETS
OR PERSONAL INFORMATION
INCLUDING PHOTOS OR VIDEOS



THREATENING WITH
ADDITIONAL VIOLENCE



BODY SHAMING



GASLIGHTING (MANIPULATING
SOMEONE PSYCHOLOGICALLY, UNTIL
THEY QUESTION THEIR OWN SANITY)

VISIT NOMOREVerbalAbuse.org FOR HELP AND INFORMATION