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)**