



## **Impact of Verbal and Emotional Abuse**

People often minimize the impact that a verbal abuse has on a person's overall well being and happiness. A woman who is experiencing verbal and emotional abuse might feel the following emotions:

- A distrust of her spontaneity
- A loss of enthusiasm
- An uncertainty about how she is coming across
- A concern that something is wrong with her
- An inclination to reviewing incidents with the hopes of determining what went wrong
- A loss of self-confidence
- A growing self doubt
- An internalized "critical voice"
- A concern that she isn't happier and ought to be
- An anxiety or fear of being crazy
- A sense that time is passing and she's missing something
- A desire not to be the way she is- "too sensitive," etc
- A hesitancy to accept her perceptions
- A reluctance to come to conclusions
- A desire to escape or run away
- A tendency to live in the future, e.g. "everything will be great when/after..."
- A distrust of future relationships