

LIST OF RESOURCES FOR EMOTIONAL ABUSE

Resources for Abusive Marriages

What can appear to be the perfect marriage, behind closed doors, can be one of domination and emotional abuse. With the damage that words can cause, women need to be able to identify signs of emotional abuse. We know that this is a difficult and touchy subject. We hope you will find these resources helpful so that you can see the red flags, as well as how to respond when you or someone you know needs help.

General Conference Women's Ministries Resources

<https://women.adventist.org/enditnow-day>

Organizations and Websites

[Life Skills International](#) Telephone: 1 (300) 340-0598

Life Skills International focuses on reaching out to individuals in broken and strained relationships. They are a nonprofit organization created by Paul and Judy Hegstrom. Paul spent over 18,000 hours in research while developing the curriculum for programs concerning domestic violence that would aid both the abuser and the victim of abuse. The organization is based out of Aurora, Colorado and has expanded into an international program with over 100 centers. The website hosts a radio broadcast, information concerning the signs and red flags of both emotional and physical abuse, as well as live seminars.

[National Domestic Violence Hotline](#) Telephone: 1 (512) 794-1133

National Domestic Violence Hotline provides information on the different types of domestic abuse as well as signs of domestic abuse. It also has resources for victims to find help, information on how to help a friend, and how to locate resources in one's area.

Resources for Growing Beyond Emotional Abuse

<http://www.webheights.net/GrowingbeyondEmotionalAbuse/articles.htm>

[Homepage of Patricia Evans](#). Lots of good information in addition to marketing for her books and seminars.
[Emotional Abuse: the hidden form of maltreatment](#), Adam M Tomison and Joe Tucci.

Books

[Wounded by Words: Healing the Invisible Scars of Emotional Abuse](#). By Susan Titus Osborn, Karen L. Kosman, Jeenie Gordon.

In *Wounded by Words*, the authors explore how emotional abusers isolate, disorient, and indoctrinate their victims and how their unkind words leave lasting scars. Through the study of God's Word, prayer, and advice from a counselor and other victims, readers will see their distorted self-images begin to change. As they lay down a new life foundation, with Jesus Christ being the cornerstone, readers can begin to erase old, destructive tapes that replay in the mind and gradually renew hope and faith.

[The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It](#). By Leslie Vernick.

With godly guidance and practical experience, Vernick offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage with biblical tools. Learn how to recognize abuse, stop it, and survive its impact on your life by embracing God's freedom. Readers will understand how to reveal behaviors that are meant to control, punish, and hurt, and how to confront and speak truth when the timing is right.

[Mending the Soul: Understanding and Healing Abuse.](#) By Steven R. Tracy.

Abuse is far more rampant than many Christians realize—and the long-term damage to a victim's soul is profound. But healing *is* possible with God. In this well-researched, biblically and scientifically based resource, Dr. Tracy surveys the nature and effects of physical, verbal, sexual, and spiritual abuse—as well as strategies for prevention and recovery. Just as surely as abusive relationships have tremendous power to wound the soul, so healthy relationships have tremendous power to nurture and heal the soul.

[The Power of Words.](#) By Nancy Leigh DeMoss.

In this study, you'll discover the connection between your heart and your words. You will be challenged to examine your heart and to consider the consequences of your words. And you'll gain practical insight on "tongue control" from the Word of God.

[Finding Peace for Your Heart: A Woman's Guide to Emotional Health.](#) By Stormie Omartian.

In *Finding Peace for Your Heart*, Stormie Omartian offers personal insight on emotional healing as she guides you to transforming your inner self. Join her on a personal journey as she walks you through issues such as recognizing that God is on your side and showing you how to live in obedience so that you can gain the wholeness you desire.

[Angry Men and Women Who Love Them: Breaking the Cycle of Physical and Emotional Abuse.](#) By Paul Hegstrom.

Through a fascinating, yet thorough examination of the psychological components of various types of abuse, along with true examples from his own life and others, Hegstrom points the way back to wholeness and freedom. An invaluable aid for the man who batters, the woman who feels trapped, and the pastor, counselor, or friend who desperately wants to help them both, *Angry Men and the Women Who Love Them* offers straight answers for those willing to overcome the cycle of violence.

[Overcoming Hurts & Anger: Finding Freedom from Negative Emotions.](#) By Dwight L. Carlson.

Overcoming Hurts & Anger has been helping people deal with the hurt feelings and angry responses that wreak havoc in many relationships. In this thoroughly revised and expanded edition of his bestselling book, Dwight Carlson presents balanced, biblical insight for openly and honestly dealing with powerful emotions that everyone experiences at one time or another.

[Emotional Abuse Hurts Brochure](#), by University of Michigan.

Describes emotional abuse, its symptoms and resources. https://www.med.umich.edu/abusehurts/abuse_emotional.pdf

Other Books

1. Patricia Evans, *The Verbally Abusive Relationship: How to Recognize It and How to Respond*, Holbrook, Ma. Bob Adams, Inc. 1992
2. Patricia Evans, *Verbal Abuse Survivors Speak Out: On Relationship and Recovery*
3. Patricia Evans, *Teen Torment: Overcoming verbal abuse at home and school.*
4. Gregory L. Jantz, *Healing the Scars of Emotional Abuse*
5. Susan Forward and Donna Frazier, *Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You.* Perennial Currents, 1998.
6. Albert Ellis and Marcia Grad Powers. *Secret of Overcoming Verbal Abuse: Getting off the Emotional Roller Coaster and Regaining Control of Your Life* (Wilshire Book Company, 2000)