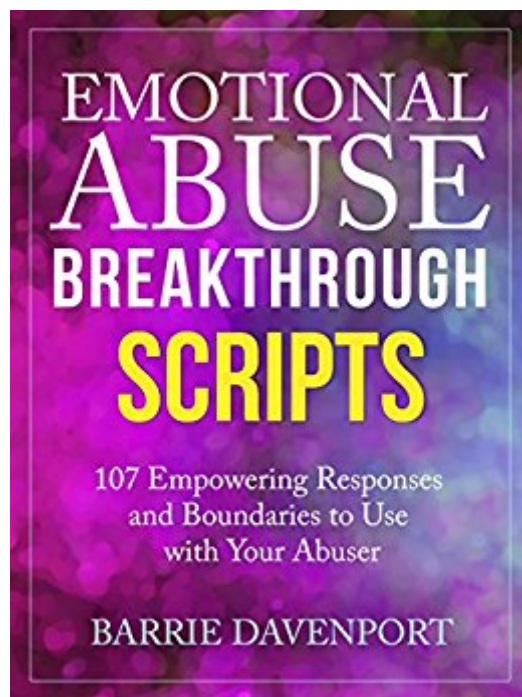




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Emotional Abuse Breakthrough Scripts: 107 Empowering Responses And Boundaries To Use With Your Abuser



Synopsis

Emotional abuse keeps you tongue-tied and anxious, unable to speak up for fear of rocking the boat. If you (1) have trouble setting boundaries with your emotional abuser and (2) never know what to say or how to say it in a heated moment without backing down, breaking down, or getting angry yourself, then Emotional Abuse Breakthrough Scripts is your key to learning a new way to respond so you can rebuild your dignity, inner strength, and self-esteem. When your abuser shuts you down with control, anger, manipulation, and subtle threats, it's hard to know how to respond or what to say without making things worse. When you allow your partner to get away with abusive behaviors without saying anything, or when you lash out in pain and anger yourself, you're giving away your power and reinforcing your abuser's control. It's hard to stand up to an abuser who has systematically stripped you of your self-esteem, dignity, and confidence. In the heat of the moment, it feels impossible to say anything coherent or express how hurtful, unloving, and frightening your abuser's words and actions are. Emotional abusers have a way of twisting your language and turning the tables to blame you or make you feel guilty. Once you awaken to these mind games, you no longer need to engage in them. There is a way to respond to your abuser clearly, calmly, and confidently. You CAN set strong boundaries and develop logical consequences when you are prepared with what to say, when to say it, and how to respond when your abuser steps over the line. Even those who are deeply insecure around their abuser can take baby steps to more strength and empowerment by learning appropriate responses and practicing them consistently. Even if your partner refuses to change, YOU will feel more confident and in control when you call him or her out on the abuse. In this book, you'll learn: How to start with small push-backs to conquer "emotional abuser phobia." How to shift the balance of power with an emotionally abusive bully. 10 critical steps to follow before you speak up and set boundaries. How to time your words for the best effect. 107 confident and mature responses for 16 different abuse situations. What to say when the abuser responds badly to your new confidence. Specific boundaries to set with your abuser in common abuse scenarios. 23 logical consequences to use when an abuser crosses the line. Age-appropriate scripts to use with your children to announce your break-up. 11 firm scripts to use with an ex-abuser who still crosses your boundaries. Emotional Abuse Breakthrough Scripts is your handbook for reclaiming your strength, finding your words, and knowing with clarity how to respond to your abuser. Your abuser may or may not step up and change, but YOU will no longer feel like a doormat. Buy the book today to start practicing these scripts so you can be prepared with the best response to your emotional abuser.

Book Information

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Customer Reviews

I grew up with an emotionally abusive father. It was crushing. I was an only child and my mother had already been cowed into submission. The best I could do was to keep it together until college, where I got as far away as possible and made sure I had a way to pay for it so he couldn't use money as another form of leverage to continue the abuse. It wasn't easy. I would have killed for a resource like this that is incredibly practical and useful. When you're in the middle of the abuse, knowing what to say is the hardest part. This would have given me at least some ammunition to fight back and help my mother do the same. I took one star off because the book is specifically geared toward couples, not other relationships like parent/child (though you could certainly adapt some of the scripts, there is a built-in power dynamic in a parent-child relationship that will make some of the scripts inapplicable). I'd love to see the author write a book on this subject specifically for the parent-child relationship. I know that many people would benefit, just as they will from this book. Recommend.

Just started it but it was enlightening for me. There are things that rang true. I recommend reading all you can, to get past the abuse . After that read about self esteem and fighting to know yourself very better better better and never get n that position again be mate, friend or relative.

This book gave me courage. It taught me techniques to stay focused. I recommend it to everyone who are living with an abuser, who plan to leave an abuser and even someone who hesitate. It deserves 5 stars because it is only valuable facts and skills to use.

EXCELLENT book. Love having it on my phone. I can pick it up and read it whenever I want to. And no matter where I am.

Loved the way this book specifically identifies and calls out behaviors that are abusive and debilitating and gives power back to the person on the receiving end. Highly recommend this to anyone who doesn't always express themselves well in speaking. If you tend to express yourself well when writing things out - this book will be especially helpful!

Highly recommend it!

Helps with scenarios that you may struggle to realize are abuse. I recommend it to anyone who isn't sure if they are emotional abused

I really found these samples of what to say informative! Good read

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