**Emotional Abuse**

**Be completely humble and gentle; be patient, bearing with one another in love.**

**Ephesians 4:2**

**When people hear "abuse" they often solely think of physical. However, there are many forms of abuse with longer lasting effects. Other forms of abuse include emotional, physical, sexual, verbal, spiritual, and financial abuse.**

**Emotional abuse includes shaming someone, humiliating someone, yelling, intimidation, verbal assault, breaking down self-esteem/dignity, and threats.  Behavior that affects the psychology of a person by overpowering them is emotional abuse. Undermining the independence and self-respect of the person being abused by both non-verbal and verbal abuse.**

**There is often an intimate relationship between the abuser and the one being abused. A cycle begins where after an event occurs, the abuser then reconciles and apologizes for the abuse, but blames the abuser. Everything calms down and then it begins again. Many times, when one is verbally abused, he/she fails to recognize it as abuse because their abuser may not be hitting them.**

**Signs and Symptoms seen with emotional abuse include:**

1. **Anxiety**
2. **Low self-esteem**
3. **Feeling helpless**
4. **Feeling afraid**
5. **Crying frequently**
6. **Feeling of shame**
7. **Mood swings**
8. **Aggressive behavior**
9. **Telling lies**
10. **Avoiding eye-contact**
11. **Suicidal attempts**
12. **Emotional instability**
13. **Withdrawal from social interactions**
14. **Feeling depressed**
15. **Frequent blaming on others**

**Getting out of an abusive relationship is not as easy as one may think. Many sufferers are afraid and have been brain washed by the abuser to believe that they are unworthy of a healthy love. The scars can last a lifetime and impact many other aspects of the person’s life that is being abused. If you are being abused, know that you are worthy. You have been uniquely made by Christ who is your example of how to be loved.**

**Activity this month:**

* ***To receive confidential, professional help to end your cycle of abuse, visit our 'Mental Health' page on our Mobile App.***
* ***To speak to an advocate for domestic violence call 1-800-799-SAFE (7233).***
* ***Safe Horizon domestic violence hotline: 1-800-621-HOPE (4357)***