

## VERBAL ABUSE

Verbal abuse, like all abuse, is about power, oppression, and control.

### Categories of Verbal Abuse

Withholding	Trivializing
Countering	Undermining
Discounting	Threatening
Verbal abuse disguised as a joke	
Blocking and diverting	Name calling
Accusing and blaming	Forgetting
Judging and criticizing	Ordering and demanding
Trivializing	Denial
Undermining	Abusive anger

Verbal abuse as a method of controlling is found in every kind of relationship.