

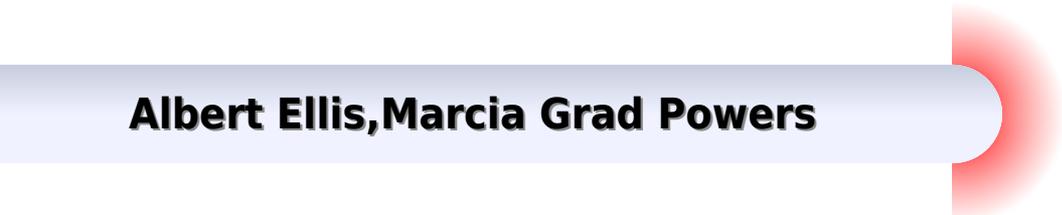
Examples of Verbal Abuse

- Name-calling
- Guilt trips
- Gaslighting
- Criticism
- Stonewalling
- Threats
- Blaming
- Manipulation
- Humiliation
- Spreading lies
- Minimizing someone's experiences or feelings
- Screaming



Verbal Abuse

Albert Ellis, Marcia Grad Powers



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