



## The Verbally Abusive Relationship

by Patricia Evans



Evans is known for her expertise in verbal abuse and its effects. I like this book better than "Controlling People, and the Verbally Abusive Man: Can He Change?," as this book focuses on recognizing it and how to respond to it.

Verbal abuse, teasing and bullying are all attempts to control another person. Many associate men with being verbally abusive, but women are abusers also. Ouch!

Verbal abuse erodes that which is essential in a healthy (lover, friendship, child) relationship ... mutuality (of respect). A healthy relationship has a sense of joy, relaxed feel, easy rapport, and ability to express differences.

This book is a good one. No relationship is perfect, but every relationship that has verbal abuse as a major feature is not a healthy one. ~ **Michele Winchester-Vega**

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I have never read any of Evans' previous books, but found this one well-written and user-friendly. I liked that she described the verbally abusive person and his partner as coming from two completely different realities.

In the beginning of the book she offers a helpful checklist to determine if one is experiencing verbal abuse. I also found the chapter that outlines the escalation of abuse helpful. I found the book a good resource and I would recommend it.

~ **Dianna Chillo**

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Evans makes the point that verbal abuse is insidious; it leaves no bodily welts or flesh scars, but harmful and hurtful just the same. This book has become a staple on my bookshelf and I often refer to it and recommend it to patients in relationship distress struggling within a dominant/submissive relationship.

She highlights her "crazy making" checklist; descriptions of warning signs, suggestions to responding to name-calling and put-downs, and other attempts to control. She addresses the mixed messages that the abuser gives and their promises to do better.

Evans does an outstanding job of addressing the internal experience of the abused mate and how it diminishes his/her self-esteem, self-worth and confidence. I recommend this book to clients and my colleagues. ~ **Diane Light-Spiro**



I greatly enjoyed this book. It is much easier to identify physical abuse, as the injuries are visible. However, verbal abuse is more powerfully harmful than most people know.

Since the injuries are qualitative, they vary from person to person. The concern is that they often begin as attempts to control and have power over another can escalate to physical abuse.

I would highly recommend this book to anyone in a relationship to help identify if one is a victim. ~ **Vicky Sullivan**

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Evans hits the mark with this book, specifically as she defines the characteristics of a verbally abusive relationship. While the book's intent is to focus on intimate relationships, I found that many points made in the book also apply to families and the parent-child dyad.

Every parent can relate to "losing their cool" at one point, but the line can quickly be blurred between anger and verbal abuse. I recommend this book to anyone wanting to facilitate healthy interpersonal relationships in their life. ~ **Susan McVey**