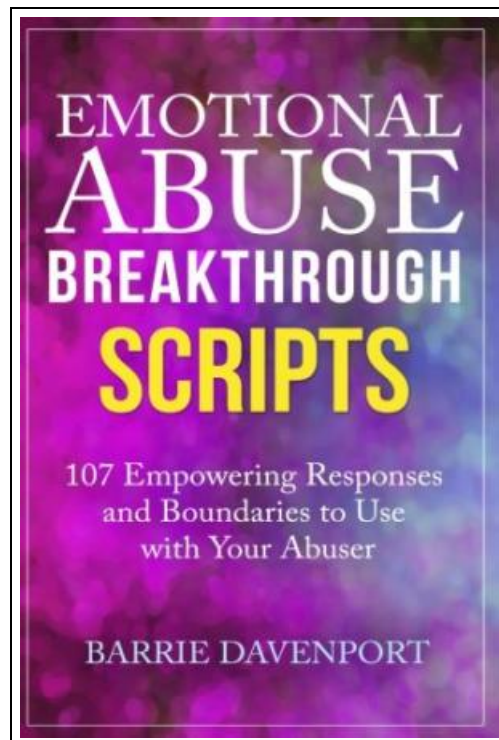


## Emotional Abuse Breakthrough Scripts: 107 Empowering Responses and Boundaries to Use with Your Abuser (Paperback)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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...

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