

Consequences of verbal abuse
From The Verbally Abusive Relationship by Patricia Evans

Victims of verbal abuse may experience:

- (a) A distrust of her spontaneity
- (b) A loss of enthusiasm
- (c) A prepared, on-guard state
- (d) An uncertainty about how she is coming across
- (e) A concern that something is wrong with her.
- (f) An inclination to soul searching and reviewing incidents with the hope of determining what went wrong.
- (g) A loss of self-confidence.
- (h) A growing self-doubt.
- (i) An internalized "critical voice".
- (j) A concern that she isn't happier and ought to be.
- (k) An anxiety or fear of being crazy.
- (l) A sense that time is passing and she's missing something.
- (m) A desire not to be the way she is--"too sensitive," etc.
- (n) A hesitancy to accept her perceptions.
- (o) A reluctance to come to conclusions.
- (p) A desire to escape or run away.
- (q) A belief that what she does best may be what she does worst.
- (r) A tendency to live in the future--"Everything will be great when/after...."
- (s) A distrust of future relationships.