



Domestic Violence: How To Get Out Of An Abusive Relationship (Emotional Abuse and Verbal Abuse in an Abusive Relationship)

Rebecca Jensen

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Domestic Violence: How to Get Out Of an Abusive Relationship

Recognizing and noticing the signs and symptoms of an abusive relationship is the initial step to put an end to domestic violence. This e-book entitled: “Domestic Violence: How to Get Out Of an Abusive Relationship” will reveal all the hidden truths about domestic violence and the ways to live a life free from abuse and misery.

A few things you are going to learn from the book:

- Different types of abuse
- The severity and frequency of an abusive relationship
- A list of behaviors the abusers may show
- A look into how the victims may feel
- Help with getting out of an abusive relationship
- And much, much more...

Ideas on how to get out of an abusive relationship from the book:

1. Do Not Contact Your Ex

Or do not let them contact you. The healing process should be a time for you alone. Although you may want to offer forgiveness or show your partner how better your life is without them, it is best to achieve closure by cutting off all contact with them.

3. Be Happy

Take much care of yourself as you go through the process of healing. It is best to understand that what had happened was not really your fault. Discover the things that make you smile and joyful. You may also join fitness classes or clubs to meet new people. In case you have children, it is recommended to have enough time for yourself while taking good care of them. Praise yourself and do everything that can make you feel good about yourself.

Types of abuse from the book:

Emotional abuse may involve things such as verbal abuse. These can be anything from blaming, calling names, and putting you to shame. Other behaviors that also fall under emotional abuse include controlling behavior, intimidation, as well as isolation. Plus, those who always use psychological and physical abuse usually throw in physical violence threats.

3. Sexual Abuse

Sexual abuse can be very typical in relationships that involve abuse. According to statistics, about 30-50% of battered women have experienced being raped by their spouse or partners throughout their relationship. Any instance where you are forced to engage in unwanted, degrading and unsafe sexual activity is considered as sexual abuse.

As you can see, the tips offered in this book are straight to the point. You won't be sifting through useless jargon, you will be learning from condensed information on how to exactly get out of an abusive relationship.

Buy the book now while it is being offered at a low introductory price; you will be so glad you did!

Tags: domestic violence, emotional abuse, abuse, violence, verbal abuse, abusive relationships, domestic abuse, battered women syndrome, mental abuse, relationship advice, relationship problems, abusive men, unhealthy relationships, abused women, signs of an abusive relationship

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