

Verbal abuse

For other uses, see Verbal abuse (disambiguation).

Verbal abuse (also known as **reviling** or "**verbal bullying**") is described as a negative defining statement told to the victim or about the victim, or by withholding any response, thereby defining the target as non-existent. If the abuser does not immediately apologize and retract the defining statement, the relationship may be a verbally abusive one.^[1]

In schools and in everyday life, a person may indulge in verbal abuse—bullying (which often has a physical component) to gain status as superior to the person targeted and to bond with others against the target. Generally the bully knows no other way to connect emotionally with others.^[2]

In couple relationships, the verbal abuser responds to the partner's "separateness", i.e., independent thoughts, views, desires, feelings, expressions (even of happiness) as an irritant or even an attack.^[3] While some people believe the abuser has low self-esteem and so attempts to place their victim in a similar position, i.e., to believe negative things about themselves, this is not usually the case in couple relationships. One partner may, for example, disparage the other simply because that one partner has qualities that were disparaged, e.g., emotional intelligence, warmth, receptivity, and so forth.

Anyone can experience verbal abuse. Typically, in couple or family relationships, verbal abuse increases in intensity and frequency over time.^[1] After exposure to verbal abuse, victims may develop clinical depression and/or post-traumatic stress disorder. The person targeted by verbal abuse over time may succumb to any stress-related illness. Verbal abuse creates emotional pain and mental anguish in its target.

Despite being the most common form of abuse, verbal abuse is generally not taken as seriously as other types because there is no visible proof, and the abuser may have a "perfect" personality around others. In reality, however, verbal abuse can be as detrimental to a person's health as physical abuse. If a person is verbally abused from childhood on, he or she may develop psychological disorders that plague them into and throughout adulthood.

Verbal abuse includes the following:^[4]

- abusive anger
- accusing and blaming
- blocking and diverting
- chronic forgetting
- countering
- damnation
- denial of anger or abuse
- judging and criticizing
- minimization, discounting, trivializing
- name calling
- ordering
- undermining
- threatening
- withholding
- also age discrimination can be considered a form of verbal abuse.

See also

- Bullying
- Domestic violence
- Emotional abuse
- Hate speech
- Profanity
- Psychological manipulation
- Social rejection
- Verbal aggressiveness
- Verbal self defense

References

1. 1 2

The Verbally Abusive Relationship, Patricia Evans. Adams Media Corp 1992, 1996, 2010

2. ↑

Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You, Patricia Evans pg. 191. 2002 by Adams Media Corp

3. ↑

Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You, Patricia Evans, Adams Media Corp 2002

4. ↑

When Words Are Used As Weapons: Verbal Abuse, University of Nebraska, Lincoln Extension

External links

- Verbal Abuse (Youth Prevention)
- Warning Signs of a Verbal Abuser
- Verbal Abuse - *Biblical Reference*
- Verbal Self-Defense

Abuse	
Types	Anti-social behaviour · Bullying · Child abuse (neglect, sexual) · Cruelty to animals · Domestic abuse · Elder abuse · Gaslighting · Harassment · Humiliation · Incivility · Institutional abuse · Intimidation · Neglect · Persecution · Professional abuse · Proxy abuse · Psychological abuse · Physical abuse · Religious abuse · Sexual abuse · Stalking · Structural abuse · Verbal abuse
	Child grooming · Complex post-traumatic stress disorder · Dehumanization · Denial · Destabilisation · Exaggeration · Lying · Manipulation · Minimisation ·
Related topics	Personality disorders · Power and control in abusive relationships · Psychological projection · Psychological trauma · Psychopathy · Rationalization · Traumatic bonding · Victim blaming · Victim playing · Victimisation
Bullying	
Types	Abusive supervision · Cyberbullying · Disability bullying · Gay bashing · Hazing · Military bullying · Mobbing · Parental bullying of children · Passive aggression · Peer victimization · Prison bullying · Rankism · Relational aggression · School bullying · Sexual bullying · Workplace bullying (Academia · Higher education · Information technology · Legal aspects · Legal profession · Medicine · Nursing · Teaching)
	Betrayal · Blacklisting · Bullying and emotional intelligence · Bullying culture · Character assassination · Control · Coercion · Climate of fear · Defamation · Destabilisation · Discrediting · Embarrassment · False accusation · Gaslighting · Gossip · Harassment · Humiliation · Incivility · Innuendo · Insult · Intimidation · Kiss up kick down · Mind games · Moving the goalposts · Nagging · Name calling · Personal attacks · Psychological abuse · Physical abuse · Rudeness · Sarcasm ·
Elements	

	<p>School pranks · Setting up to fail · Silent treatment · Smear campaign · Social undermining · Taunting · Teasing · Whispering campaign · Workplace incivility · Verbal abuse · Yelling</p>
Organizations	<p>Act Against Bullying · Ditch the Label · Bullying UK · It Gets Better Project · Kidscape · GRIN Campaign · Jer's Vision</p>
Activists	<p>Andrea Adams · Louise Burfitt-Dons · Tim Field · SuEllen Fried · Heinz Leymann · Gary Namie · Kenneth Westhues · Liam Hackett</p>
Actions	<p>Anti-Bullying Day · Anti-Bullying Week · International STAND UP to Bullying Day · Anti-bullying legislation · International Day of Pink</p>
Notable suicides (List)	<p>Kelly Yeomans (1997) · Dawn-Marie Wesley (2000) · Nicola Ann Raphael (2001) · Ryan Halligan (2003) · Megan Meier (2006) · Tyler Clementi (2010) · Phoebe Prince (2010) · Jamey Rodemeyer (2011) · Jamie Hubley (2011) · Kenneth Weishuhn (2012) · Amanda Todd (2012) · Audrie Pott (2012) · Jadin Bell (2013) · Rehtaeh Parsons (2013)</p>
Murder–suicides (incidents)	<p>Eric Harris and Dylan Klebold (Columbine, 1999) · Jeff Weise (Red Lake, 2005) · Elliot Rodger (Isla Vista, 2014)</p>
Related topics	<p>Control freak · Complex post-traumatic stress disorder · Dehumanization · Depression · Emotional blackmail · Machiavellianism in the workplace · Narcissism in the workplace · Personal boundaries · Personality disorders · Psychological manipulation · Psychological projection · Psychological trauma · Psychopathy in the workplace · Scapegoating · Self-esteem · Suicide among LGBT youth · Sycophancy · Victim blaming · Victim playing · Victimisation · Whistleblowing</p>
Domestic violence	
Overview	<p>Outline · Epidemiology of domestic violence · Cycle of abuse · Conflict tactics scale · Domestic violence and pregnancy · Effects of domestic violence on children · Intervention · Intimate partner violence · Domestic violence against men · Women's shelter · Domestic violence hotlines</p>
Forms	<p>Economic abuse Financial abuse</p>
	<p>Physical abuse Acid throwing · Bride burning · Domestic violence and pregnancy · Dowry death · Honor killing · Murder of pregnant women · Sati</p>
	<p>Psychological abuse Bullying · Control · Embarrassment · Emotional blackmail · Gaslighting · Intimidation · Mind games · Nagging · Setting up to fail · Silent treatment · Superficial charm</p>
	<p>Sexual abuse Marital rape · Sexual violence by intimate partners</p>

	Verbal abuse	Falsely accuse · Humiliate
	Combination	Abuse · Battered person syndrome · Birth control sabotage · Bride-buying · Common couple violence · Cycle of abuse · Elder abuse · Power · Reproductive coercion · Stalking · Traumatic bonding
	Child related	Intergenerational cycle of violence · Parental abuse by children · Parental abuse of children · Sibling abuse
Countries		Argentina · Armenia · Australia · Bolivia · Brazil · Chile · China · Colombia · Ecuador · Guyana · India · Iran · Kenya · Lithuania · Nigeria · Norway · Pakistan · Panama · Paraguay · Peru · Romania · Russia · Samoa · Saudi Arabia · South Africa · Tajikistan · Uganda · United States
Religion		Christianity and domestic violence · Islam and domestic violence
	Documentaries	<i>The Conspiracy of Silence · Defending Our Lives · Power and Control: Domestic Violence in America · Silent Voices · Sin by Silence</i>
	Films	<i>American Tragedy · Black and Blue · Blinded · Bordertown · The Burning Bed · Daughters · Enough · Looking for Angelina · Once Were Warriors · One Minute to Nine · Provoked · Sleeping with the Enemy · Submission · What's Love Got to Do with It</i>
Media	Publications	<i>Contemporary Family Therapy · Family Process · Family Relations · Journal of Family Issues · Journal of Interpersonal Violence · Signs: Journal of Women in Culture and Society · Trauma, Violence, & Abuse · Violence Against Women</i>
	Other	Battered woman defense · Domestic violence court · Feminist dominance in domestic violence discussions · Domestic violence in same-sex relationships · Domestic violence in lesbian relationships · Men's rights in domestic violence · Misandry · Misogyny
Psychological manipulation		
Positive reinforcement (appetitive stimulus)		Attention · Bribery · Child grooming · Flattery · Gifts · Ingratiation · Love bombing · Nudging · Praise · Seduction · Smiling · Superficial charm · Superficial sympathy
Negative reinforcement (aversive stimulus)		Anger · Blanking · Character assassination · Crying · Emotional blackmail · Fear mongering · Frowning · Glaring · Guilt trip · Inattention · Intimidation · Nagging · Nit-picking criticism · Passive aggression · Punishment · Relational aggression · Sadism · Shaming · Silent treatment ·

Other techniques

Silent treatment (blanking) · Swearing · Threats · Victim blaming · Victim playing · Yelling

Bait-and-switch · Deception · Denial · Deprogramming · Disinformation · Distortion · Diversion · Divide and rule · Double bind · Entrapment · Evasion · Exaggeration · Gaslighting · Good cop/bad cop · Indoctrination · Low-balling · Lying · Minimisation · Moving the goalposts · Pride-and-ego down · Rationalization · Reid technique · Setting up to fail · Trojan horse · You're either with us, or against us

Contexts

Abuse · Advertising · Bullying · Catholic guilt · Confidence trick · Guilt culture · Interrogation · Jewish guilt · Jewish mother stereotype · Moral panic · Media manipulation · Mind control · Mind games · Mobbing · Propaganda · Salesmanship · Scapegoating · Shame culture · Smear campaign · Social engineering (blagging) · Spin · Suggestibility · Whispering campaign

Related topics

Antisocial personality disorder · Assertiveness · Blame · Borderline personality disorder · Dumbing down · Enabling · Fallacy · Femme fatale · Gaming the system · Gullibility · Histrionic personality disorder · Impression management · Machiavellianism · Narcissism · Narcissistic personality disorder · Personal boundaries · Persuasion · Popularity · Power and control in abusive relationships · Projection · Psychopathy

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