

Verbal Abuse Coping Skills

- **Verbal abuse does not happen because of some character flaw in you.** The character flaw belongs to the abuser.
- **Remember the abuser is not the authority** on who you are as a person. You are distinct from how your abuser perceives you.
- **You need to find ways to be assertive**, even in the smallest ways. Small assertive actions will help you to build your confidence and find your voice.
- **Avoid verbally abusive encounters** if you can feel them coming. Find a reason to be busy until the mood subsides.
- **Try not to engage in verbally abusive behavior** as a rebuttal.
- **Practice self-care.** Do things you enjoy, even small things like watching your favorite film or reading.



Coping With Verbal Abuse

Peipei Pang



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