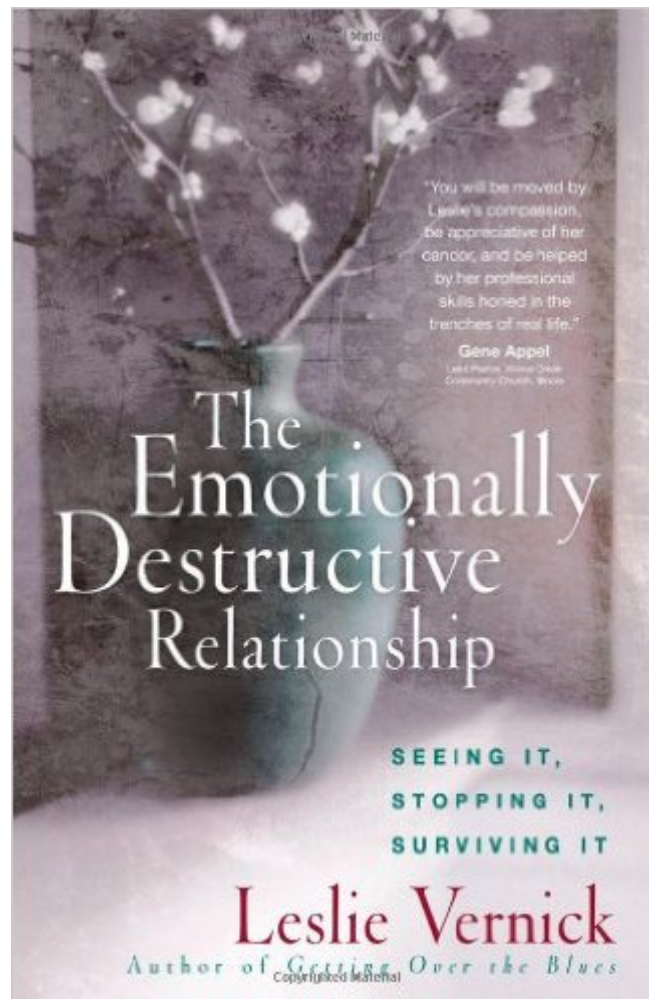


The book was found

The Emotionally Destructive Relationship: Seeing It, Stopping It, Surviving It



Synopsis

Leslie Vernick, counselor and social worker, has witnessed the devastating effects of emotional abuse. Many, including many in the church, have not addressed this form of destruction in families and relationships because it is difficult to talk about. With godly guidance and practical experience, Vernick offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage with biblical tools. Readers will understand how to: Reveal behaviors that are meant to control, punish, and hurt Confront and speak truth when the timing is right Determine when to keep trying, when to get out Get safe and stay safe Build an identity in Christ This practical and thorough resource will help countless individuals, families, and churches view abuse from God's perspective and understand how vital it is for victims to embrace His freedom from the physical, emotional, spiritual, and generational effects of emotionally destructive relationships.

Book Information

Paperback: 247 pages

Publisher: Harvest House Publishers (August 15, 2007)

Language: English

ISBN-10: 0736918973

ISBN-13: 978-0736918978

Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (222 customer reviews)

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Customer Reviews

I bought this book to deal with some emotionally destructive relationships I have had my entire life. I was abused mentally, verbally, physically, and emotionally my entire life. I went from severe abuse as a child (I wanted to die at the age of 5), to an adult life of continued severe abuse with everyone surrounding me. I am 46. I feel I have zero self worth as it is. I want to warn you. If you have had severe, unimaginable abuse over your lifetime, this book could make you feel worse at times. Of course, that is not the author's intention at all. Read it with an understanding person or a counselor.

At the very beginning of the book, I felt, "Wow, someone gets me!" I was so excited to know that someone actually knew how I felt. Then, comes the survey to see who the abusers are. I actually knew who they were, I just wanted confirmation. The survey is very vague and to me wasn't very helpful. It didn't show many forms of abuse. After doing the survey, I thought maybe there wasn't any abuse that was so bad after all. Then in the mid section I began to think "I" was the one with all of the problems. That could be just because I feel guilty about everything and was always told I was to blame. I began to feel very discouraged as if the abuse was because of me or my reactions. It began to make me more depressed. I wondered if I had done this or if I could change that, then maybe it would be better. The author states that our reactions such as anger, being codependent, outbursts, etc. will make a destructive relationship worse, which is true. She does state that it is never an excuse for someone to abuse us even if we have wrong reactions. I do agree that we need to change our reactions and our own thoughts so that we can see clearly to make changes. I could handle that.

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