



# The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing

By Beverly Engel

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"Engel doesn't just describe—she shows us the way out."

—Susan Forward, author of Emotional Blackmail Praise for the emotionally abusive relationship

"In this book, Beverly Engel clearly and with caring offers step-by-step strategies to stop emotional abuse. . . helping both victims and abusers to identify the patterns of this painful and traumatic type of abuse. This book is a guide both for individuals and for couples stuck in the tragic patterns of emotional abuse."

—Marti Loring, Ph.D., author of Emotional Abuse and coeditor of The Journal of Emotional Abuse

"This groundbreaking book succeeds in helping people stop emotional abuse by focusing on both the abuser and the abused and showing each party what emotional abuse is, how it affects the relationship, and how to stop it. Its unique focus on the dynamic relationship makes it more likely that each person will grasp the tools for change and really use them."

—Randi Kreger, author of The Stop Walking on Eggshells Workbook and owner of BPDcentral.com

The number of people who become involved with partners who abuse them emotionally and/or who are emotionally abusive themselves is phenomenal, and yet emotional abuse is the least understood form of abuse. In this breakthrough book, Beverly Engel, one of the world's leading experts on the subject, shows us what it is and what to do about it.

Whether you suspect you are being emotionally abused, fear that you might be emotionally abusing your partner, or think that both you and your partner are emotionally abusing each other, this book is for you. The Emotionally Abusive Relationship will tell you how to identify emotional abuse and how to find the roots of your behavior. Combining dramatic personal stories with action steps to heal, Engel provides prescriptive strategies that will allow you and your partner to work together to stop bringing out the worst in each other and stop the abuse.

By teaching those who are being emotionally abused how to help themselves and those who are being emotionally abusive how to stop abusing, The Emotionally Abusive Relationship offers the expert guidance and support you need.

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### Editorial Review

From Library Journal

According to therapist Engel (*Partners in Recovery*), "even the most loving person" is capable of emotional abuse—that is, "any non-physical behavior designed to control, intimidate, subjugate, demean, punish, or isolate." In a reasoned, sensible tone, she encourages readers to become responsible for their behavior and for changing it. Identified are ten "patterns of abuse" (verbal assault, character assassination, etc), different kinds of abusive relationships, action steps for cessation, and suggestions for recovery. Using dense writing and cogent examples, Engel clearly shows how this type of abuse, either intentional or unconscious, leads to low self-esteem and misery for one or both partners. A difficult and draining yet important read for those who suspect that their relationship has entered abusive territory, this book is highly recommended. For books on remedying less severe marital stresses, try Howard Markman and others' hokey but well-intentioned *Fighting for Your Marriage*.

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### Review

According to therapist Engel (*The Emotionally Abusive Relationship: How To Stop Being Abused and How To Stop Abusing*), "even the most loving person" is capable of emotional abuse—that is, "any non-physical behavior designed to control, intimidate, subjugate, demean, punish, or isolate." In a reasoned, sensible tone, she encourages readers to become responsible for their behavior and for changing it. Identified are ten "patterns of abuse" (verbal assault, character assassination, etc.), different kinds of abusive relationships, action steps for cessation, and suggestions for recovery. Using dense writing and cogent examples, Engel clearly shows how this type of abuse, either intentional or unconscious leads to low self-esteem and misery for one or both partners. A difficult and draining yet important read for those who suspect that their relationship has entered abusive territory, **this book is highly recommended.** (*Library Journal*, September 15, 2002)

### Review

"A good, solid treatment of an insidious but all-too-common type of relationship in which the weapons are words and moods rather than fists, but which do just as much damage. Most importantly, Beverly Engel doesn't just describe--she shows us the way out." --Susan Forward, bestselling author of *Emotional Blackmail*, *Men Who Hate Women and the Women Who Love Them*, and *Toxic Parents*

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**Norma Wilson:**

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