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Emotional Abuse

By Christine Smith

Emotional abuse can be defined as the systematic tearing down of another human being through such methods as rejection, isolation, terrorizing, put downs, and more. Most people don't consider emotional abuse a serious matter, they think of it as one form of misunderstanding in a relationship. They also think that it only qualifies as abuse when a woman is punched or slapped around. Unfortunately, the wounds from verbal abuse can run just as deep and take longer to heal than the black eyes and bruises of physical abuse.

When a person endures such behavior for a prolonged period of time, they can become a shadow of their former selves. The bad thing about emotional abuse is that it is gradual, so much so that the woman involved may not even realize that she is a victim of abuse. Everything may look normal, but the relationship just isn't right.

What most people don't understand is that an emotionally abusive relationship doesn't start out that way. In the beginning, your partner was probably caring and attentive, sweeping you off your feet. Once you were convinced that "he was the one," things slowly began to change. Maybe there was a little comment about the house being dusty, so you made a mental note to always keep the house clean. Maybe he just picked at his food, so you began to go out of your way to only cook what he liked.

Over time, you began to shift your focus from your needs to keeping the peace and making him happy. This isn't necessarily a bad thing to an extent; we all try to do things to please our mate. It becomes a problem when your whole focus in life revolves around keeping him happy. Your relationship becomes dysfunctional when you begin to feel that everything wrong in the relationship is your fault and that if you can somehow fix your flaws, then everything will be okay.

When you begin to believe that you aren't good enough, smart enough, or just aren't plain "enough" for your partner; you begin to lose all sense of yourself. It no longer matters what you want out of life, and you've forgotten what it means to be happy. You end up being a robot; merely surviving from day to day as you feelings become numb from dealing with the emotional abuse.

Here are some things to consider to determine if your relationship is heading towards emotional abuse.

Emotional Abuse

- The main issues in your relationship always remains unresolved.
 - You quit bringing up subjects to discuss with your partner because you think nothings going to change.
 - You feel that you are the one who should do everything just to find peace in the relationship.
 - You cannot express your opinions freely because you're afraid it might be wrong or it may trigger his anger.
 - You are holding yourself not to get angry because you don't want to pick a fight with him.
 - You give in to his sexual demands just to gain peace.
 - You do all ways to please him but in the end you still get unnoticed?
 - You are being blamed for his misfortunes in life?
 - You are always told to clean the house.
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- You are being blamed for him having his affairs with other woman because he said you are not meeting his needs.
 - You live on a strict budget but he spends his money freely with everything he wants without considering you.
 - You feel like you're not an equal partner; that his needs and wants always come first
 - You always think that he is right and you are wrong.
 - You often feel like you're just not good enough.
 - He say "I love you but...," making his love conditional on something you do or don't do.
 - He often has outbursts over trivial things.
 - You find yourself second-guessing your every move so that you don't anger him.
 - He continually questions where you've been, who you were with, and whether you're having an affair.
 - He makes snide remarks and rude comments about your close friends and family.

If you experience these things you may be in an emotionally abusive relationship. You probably feel a sort of emptiness and unhappiness about life in general. While everything may look normal on the outside, the continual struggle to be perfect and keep your man happy is probably wearing you down.

If emotional abuse plays a part in your relationship, you need to remind yourself that you aren't to blame for the situation. You deserve just as much happiness and stability in your life as your partner does. Seek help from friends and other counseling centers if you need to get advice about your relationship.

This article may be used for reprint as long as authors bio and live link are included.

Christine Bettridge has loved writing since early childhood. She has written plays, poetry and many articles on various subjects. Her recent e-book just released by Cypress Street Publishing End Time Secrets, can be found at

<http://endtimesecrets.com>

RUNNING AWAY

By Joan Bramsch

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Useful Links & Things

Need information? Don't know who to ask or where to turn? Here are some useful links and information sources that will respect YOU and your privacy.

Abuse:

Most of us don't know a lot about Child Abuse – what it is and what the results can be. This information is written for young people like you who want to know more. You may be reading this because you're concerned about yourself or about a friend, or just because you're interested in the subject.

As you get older, you start making important decisions about relationships with family and friends, school, and health.

How you feel, how you get along with others, and what you want out of life are all very important parts of growing up and living a healthy, happy life. But these are also the things that are threatened if you are a victim of child abuse.

You might think, Well, I'm not a child any more. But a person is considered a "child" up to the age of 18 in most states; 17 in others.

Even if you are older or you are no longer being abused, abuse can leave a lot of physical or emotional damage. So it's important to take steps to end the abuse if it is still happening and to begin to heal yourself emotionally so you can get on with your life.

In the pages that follow, we talk about what child abuse is and what it is not. We also talk about some of the reasons that child abuse happens and why it is so important for abused teens to get help for themselves and, hopefully, for their families. Then, we talk about how and where to get that help.

What is child abuse?

What are the different kinds of abuse?

Abuse is a family problem

The abuse is not your fault

What are the signs of abuse?

Dealing with the feelings

Revealing the secret

Getting someone to listen

Where to get help

Take the first step

Need to talk?

One Kid's Story

Running Away

What comes to mind when you think of kids who run away from home? Teenagers off on an adventure, looking for a good time? Kids who can return home when it doesn't work out?

Or maybe you think of the kids who make trouble at school? Who don't want to listen to their parents or anybody? Who just want to do what they want to do?

Or perhaps you think of young people with lots of problems and parents who don't care?

Really, there's no one way to describe young people who run away or who are homeless, or to describe the backgrounds they come from. They are males and females; from rich families and poor families. They may be your daughter or sister, nephew or friend.

Links that might help:

Who runs away?

Why young people run

What parents and friends should look for

Preventing running away

What you need to think about

What happens on the street: meet Mike

Options Mike thought about

If your child has run

A letter from the street

If you need to talk

Suicide

Most young people end up killing themselves because they simply don't know where else to turn. They are in some kind of pain that seems unbearable and they want the pain to stop. They end up stopping their entire lives just because they didn't know what else to do.

Here are some links that might help:

Why do people kill themselves?

Suicide warning signs

What do you know about suicide?

Need to talk?

<http://joanbramsch.com/eens/eenlinks.shtml>

JOAN BRAMSCH is a family person, educator, writer and E-publisher. Her articles appear internationally in print and online. Six of her best-selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.

<http://www.JoanBramsSch.com> <mailto:hijoan@joanbramsch.com>



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