



Emotional Abuse Breakthrough Scripts: 107 Empowering Responses and Boundaries To Use With Your Abuser

Barrie Davenport

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Emotional abuse keeps you tongue-tied and anxious, unable to speak up for fear of rocking the boat.

If you (1) have trouble setting boundaries with your emotional abuser and (2) never know what to say or how to say it in a heated moment without backing down, breaking down, or getting angry yourself, then *Emotional Abuse Breakthrough Scripts* is your key to learning a new way to respond so you can rebuild your dignity, inner strength, and self-esteem.

When your abuser shuts you down with control, anger, manipulation, and subtle threats, it's hard to know how to respond or what to say without making things worse.

When you allow your partner to get away with abusive behaviors without saying anything, or when you lash out in pain and anger yourself, you're giving away your power and reinforcing your abuser's control.

It's hard to stand up to an abuser who has systematically stripped you of your self-esteem, dignity, and confidence. In the heat of the moment, it feels impossible to say anything coherent or express how hurtful, unloving, and frightening your abuser's words and actions are.

Emotional abusers have a way of twisting your language and turning the tables to blame you or make you feel guilty.

Once you awaken to these mind games, you no longer need to engage in them.

There is a way to respond to your abuser clearly, calmly, and confidently. You CAN set strong boundaries and develop logical consequences when you are prepared with what to say, when to say it, and how to respond when your abuser steps over the line.

Even those who are deeply insecure around their abuser can take baby steps to more strength and empowerment by learning appropriate responses and practicing them consistently.

Even if your partner refuses to change, YOU will feel more confident and in control when you call him or her out on the abuse.

In this book, you'll learn:

11 firm scripts to use with an ex-abuser who still crosses your boundaries.

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Emotional Abuse Breakthrough Scripts is your handbook for reclaiming your strength, finding your words, and knowing with clarity how to respond to your abuser. Your abuser may or may not step up and change, but YOU will no longer feel like a doormat.

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Christopher Thompson: Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the e-book untitled Emotional Abuse Breakthrough Scripts: 107 Empowering Responses and Boundaries To Use With Your Abuser can be fine book to read. May be it may be best activity to you.

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