

VERBAL ABUSE helps create an environment of FEAR through manipulation and control.

- **Face** the truth of your wounded feelings (as Jesus' disciples, the truth will set you free, **John. 8: 31-2**). *With self-compassion, let the Holy Spirit help you explore and honor your woundedness. (Romans 8: 26-28)*
- **Find** new freedom in God's promises and presence (Precious promises to participate in the divine, **2 Peter. 1: 4**). *So many verses in the Bible that affirm you are unconditionally loved and purposed for a good future.*
- **Foster** supportive friendships (friends communicate the Father's heart fully, **John 15: 15**). *Find friends who are both honest and loving with you. Trust their counsel and be strengthened by their encouragement.*
- **Forge** new boundaries that better ensure healthy relationships (Jesus displays healthy boundaries, **John. 8:12-15**). *In the midst of verbal attacks, Jesus know who he is (identity) and where he's going (purpose), allowing him to speak truth without hostility.*
- **Facilitate** healing for others ("There is one who speaks rashly like the thrusts of a sword, but the tongue of the wise brings healing.", **Proverbs 12: 18**). *Attending to others with positive speech, will come back to heal the pain in your own heart. It will also provide the fertile soil for seeds of forgiveness to sprout and grow, in their time.*