



Emotional Assault: Recognizing an Abusive Partner's Bag of Tricks

Lisa Kroulik

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When most people think of abuse, images of domestic violence come to mind. However, emotional abuse is a form of indirect violence that also deserves recognition. It is difficult to overcome because it is often impossible to identify. While domestic abuse is tragic, it is impossible to ignore the evidence of it.

The impact of emotional abuse, on the other hand, is often invisible. Since others don't see any physical scars, they have no idea how much the victim is suffering. When the emotionally abused spouse speaks up, people are often dismissive of her pain. This leaves the victim in a constant state of confusion and self-blame.

In this book, author Lisa Kroulik identifies several common tactics that emotionally abusive people use to control their partners, such as giving the silent treatment or playing the victim. She uses examples from her relationship with her former husband to help readers name abusive tactics in their own relationships. After identifying a trait of emotionally abusive partners, the author goes on to offer suggestions on how to confront it. She makes it clear that calling an abuser out on his behavior may not make it stop and that each woman needs to decide for herself if her relationship is worth saving.

The second section of "Emotional Assault" helps the reader assess her current relationship and provides resources should she decide to end it. This book is hopeful and engaging while empowering emotionally abused women to change their lives. In the final section, Lisa Kroulik details how she got out of her emotionally abusive first marriage.

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