



Healing Hurting Hearts Ministry

....helping those who have suffered from Verbal Abuse

“Restoring Godly Self-Esteem”

Understanding What Happened Helps!

Experts say that there are two kinds of love:

1. The person to person love that we all dream of.
2. Loving someone as having control over them.

Verbal Abuse is a method of control. Sometimes that control is because the person knows how good you are. They know you are really better than them and they have a distorted fear that if you realize it you will leave them. Unfortunately, no matter how much you know in your heart that what the abuser is saying is wrong, you still come to believe what they are saying. And then it becomes a “self-fulfilling prophecy.”

Who can be a verbal abuser?

- Parents
- Teachers
- Siblings
- Spouses
- Friends
- Co-workers
- Competitors
- Anyone

And chances are they suffered from verbal abuse themselves and are following in the footsteps of their abuser.

Make sure that you don't pass it on.

Do you know Jesus as your personal Lord and Savior?

If you don't know, talk to Linda. Without the step of acknowledging that Jesus died for your sins and completely turning your life over to him, you will never find real healing.

For caring and encouragement don't hesitate to call Linda Grissette from the **Helping Hurting Hearts Ministry**. Call her at the VIP Real Estate Group Office, 918-335-2727 or her cell phone 918-335-7373.



I'm here for you because I have suffered, too...and helping you actually helps me, too. Together we can get stronger.
Linda Grissette

Linda's Credentials: Linda has a Bachelor's Degree in Social Work from the University of Oklahoma and has done some work on a Master's Degree in Family Counseling from Kansas State University and in Christian Counseling from Lael University in St. Louis, Mo.

Verbal Abuse

There are many people suffering the after effects of verbal abuse, as well as many who are still in a verbally abusive relationship. Unfortunately, many of them don't even realize it is verbal abuse.

During your life, have you heard things like this?

- “What's wrong with you, making such a big deal out of nothing.”
- “Come on, I was drunk....”
- “I love you, but sometimes you...”
- “You're not really going to bring this up again, are you? This is getting old.”
- “You know I didn't mean anything I said. I'm the one who loves you more than anyone else in the world loves you—remember.”
- “That was so stupid.”
- “You'll never get any where in life.”
- “I'll get you for doing that.”
- “You are so lazy.”
- “Can't you do anything right?”
- “You'll never amount to anything.”
- “You'll be the death of me yet.”
- “You are just like your mother (or father).”
- “You'll never make it without me.”
- “Why did you do that? That was dumb.”

If these sound familiar, you may be suffering the effects of verbal abuse.

Leave or Stay?

If this has made you realize that you are in a verbally abusive relationship, you're wondering if you should get out of it or stay in it.

I can't answer that for you, but if you decide to stay, both you and your verbal abuser need to get some quality Christian Counseling.

Sometimes verbal abuse can lead to physical abuse. If you are being physically abused, don't hesitate to contact your local abuse shelter. In Bartlesville it is **Family Crisis and Counseling Center**, 336-1188

How do you restore the self-esteem that has been taken from you?

It is a very hard thing to do. The experts say that victims of verbal abuse may never fully regain good self-esteem. After all, the abuser has gotten you to believe that it was your fault. You start thinking that if you had just done things differently, the abuse wouldn't have happened.

Those messages in your head are wrong! It wasn't your fault. You are not a horrible person. But how do you get past it?

There is only one answer. God.

God loves you and wants you to get better. Here are some things that can help.

1. Acknowledge that you have been verbally abused.
2. Ask God for help.
3. Find a church where people really care and get involved.
4. Read your Bible on a regular basis and keep encouraging scriptures in your heart for when things get rough.
5. Don't hesitate to get professional, Christian help if you need it.
6. Find a group of Christian friends who will be there for you no matter what.