

VERBAL ABUSE CATEGORIES CHART

Type	Definition	Examples
Withholding	Silent treatment	There's nothing to talk about. You never let me talk.
Countering		You're wrong You don't know anything.
Discounting	Deny value	Its nothing. So what. Who cares.
Abuse disguised as a joke	Put downs	What else can you expect from a woman. You need a keeper.
Blocking	Forceful stop	Just drop it! Get off my back! I don't see where this is going.
Diverting	Changes subject Irrelevant accusations	. You just want my money. You're never satisfied.
Accusing	To charge with fault	You're attacking me. You're looking for trouble.
Blaming	Assigns guilt	You made me do it. You know what you did.
Judging	Passes sentence	The trouble with you is... You cheat. You're crazy.
Criticizing	Correcting, telling judgment to others.	You're doing it all wrong. You should have done
Trivializing	Devalues	So what, anybody can do it. So what's the big deal.
Undermining	Erodes confidence	What's the point? Who asked you? You'll never make it.
Threatening	To intend injury or loss	Do what I want or I'll leave Do what I want or I'll hit you.
Name Calling	Negative title	Stupid! Dummy! Fat! Trouble maker! Nag!
Forgetting	Selective memory	I don't know what you're talking about. That never happened.
Ordering	To command	Get rid of this! We're going now. You're not wearing that.
Denial	Says reality is untrue	You can't take a joke. You're crazy. You're too sensitive
Abusive Anger	Raging, snapping, yelling	Explosive tantrum may be with any of the above.

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