

Hyde County Hotline, Inc.

24-Hours Crisis Line 252-925-2500

HydeCounty-Hotline.org

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Most people know how to spot physical abuse. Even sexual abuse can be spotted by physical signs, but do you know how to spot emotional abuse? Do you know what warning signs to look for or even how to help someone you may suspect in this situation?

Emotional abuse is the unseen fallout of all other forms of abuse: physical, mental, verbal, sexual, and even spiritual abuse. People often minimize the importance of emotions. Yet with deeply wounded people, feelings can be the driving force behind their choices. At that point, for those people, their emotions become the life-sustaining element of their very beings. Emotional abuse strikes at the very core of who we are...crushing our confidence ... wearing away our sense of worth.

Warning Signs

Being able to tell the difference between healthy, unhealthy and abusive relationships can be more difficult than you would think. No two relationships are the same, so what's *unhealthy* in one relationship may be *abusive* in another. Although there are many signs to pay attention to in a relationship, look for these **common warning signs of dating abuse**:

- Checking [cell phones](#), emails or social networks [without permission](#)
- [Extreme jealousy](#) or insecurity
- [Constant belittling](#) or [put-downs](#)
- [Explosive temper](#)
- [Isolation from family and friends](#)
- Making false accusations
- Constant mood swings towards you
- [Physically inflicting pain](#) or hurt in any way
- Possessiveness
- Telling someone what they can and cannot do
- Repeatedly [pressuring someone](#) to have sex

source breakthecycle.org

What Should you do?

What should you do if you suspect someone is a victim of emotional abuse? Listen to them, sometimes they just want to talk. Validate their openness and encourage them to continue to share the whole truth. Support them. Tell them you're there to help them. Let them know that what's happening or has happened isn't OK. Pray for them. Tell them you love them. Try not to judge or speculate about the situation and understand they may just need to vent to sort it all out in their own head.



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