

## **How To Cope With Emotional Violence**

### **QUESTION:**

Why does emotional violence cut so deeply, even when there are no visible scars?

### **ANSWER:**

Emotional violence targets the core of who you are. It dismantles your self-worth piece by piece, not with fists but with words, tone, silence, and manipulation. It is often invisible to others, but painfully loud inside your own head. That's what makes it so damaging – it convinces you to question yourself, your memories, and even your right to feel hurt. Coping with emotional violence isn't about being stronger so you can endure more of it. It's about reclaiming your safety, rebuilding your self-trust, and refusing to let someone else's words dictate your worth. Here's how:

#### **1. Name What's Happening**

One of the most disorienting parts of emotional violence is how hard it is to define. You might tell yourself it's just stress, a bad mood, or a misunderstanding but deep down, you know when words are being used as weapons. Naming it – this is emotional abuse – is the first step to breaking its hold. When you name it, you give your mind permission to treat it seriously.

## **2. Anchor Yourself in Reality**

Emotional violence can distort your reality through gaslighting, blame-shifting, or rewriting events. To cope, you must anchor yourself in truth. Write down what happened, how it made you feel, and the facts as you know them. This is not for convincing *them* – it's for protecting *your own mind from their distortion*. Your version of events matters because it's yours.

## **3. Limit Their Access to Your Vulnerabilities**

If someone consistently uses your fears, mistakes, insecurities, or secrets against you, it is an act of self-respect to close the door on them. You are allowed to choose what parts of yourself you share and with whom. Limiting their access doesn't make you cold – it makes you safe.

## **4. Protect Your Inner Dialogue**

Emotional violence doesn't end when the conversation stops – it echoes for days, months, even years. You replay their words in your mind, and over time, you might start believing them. You can interrupt this cycle by countering their words with your own truth: 'That is their voice, not mine. I choose not to carry it.' The more you practice this, the quieter their voice becomes.

## **5. Seek Safe Connection**

Isolation is one of the silent consequences of emotional violence convincing you that no one will believe you, understand, or want to listen to your story. But safe people who want to listen do exist. Choose those who remind you of your worth, not people who make you prove it.

## **6. Choose Your Peace Over Their Approval**

People who rely on emotional violence often want control, not connection. If keeping their approval means silencing yourself, you're trading away your peace. You are allowed to disappoint them if it means protecting yourself. Every time you choose your peace, you weaken their hold.

### **Affirmation:**

My mind, my heart, and my worth are mine to protect. I release the lies that try to break me and replace them with truths that build me.

### **Journal Prompts:**

1. When have I ignored my instincts about emotional violence because I wanted to believe the best in someone?
2. What physical or emotional signs tell me I'm being treated unfairly?
3. Where am I giving too much access to my vulnerabilities?

4. Who in my life feels unsafe and unsupportive – and why?
5. What does choosing my peace look like in practical terms?

**Visualisation:**

Picture yourself standing in a quiet room with soft light. Around you is a protective shield, strong, clear, and unbreakable. On the other side, you see the person's words hitting the shield and falling to the ground unable to reach you. Inside the shield, you are calm, steady, and safe. You hear only the sound of your own steady breathing. You realise you are no longer at the mercy of their words.

**Conclusion:**

Emotional violence is not a reflection of your weakness – it's a reflection of someone else's inability to communicate with respect. You can't control whether someone chooses to speak with cruelty, but you can choose how much access they have to your mind and heart. Every step you take towards truth, boundaries, and self-protection is a step away from their control.

**Final Thought:**

You do not need to carry the weight of words that were never yours to hold.