



Words To Help You Through An

Abusive Relationship

“Emotional abuse is designed to undermine others’ sense of self. It is deliberate humiliation, with the intent to seize control of how others feel about themselves.”

— Lorraine Nilon

“Sometimes telling ourselves ‘Everything happens for a reason’ or ‘It made me stronger’ is a way to avoid our grief, our vulnerability, and our helplessness.”

— Jordan Pickell

“The scars from mental cruelty can be as deep and long-lasting as wounds from punches or slaps but are often not as obvious.”

— Lundy Bancroft

“Abuse changes your life...Fight Back and change the life of your abusers by Breaking Your Silence on Abuse!”

— Patty Rase Hopson

“Never forget that walking away from something unhealthy is brave even if you stumble a little on your way out the door.”

— Mandy Hale

“If you’re brave enough to say goodbye, life will reward you with a new hello.”

— Paulo Coelho