

"Great advice about how to stand up for yourself!"

—Ann Rule, author of *Every Breath You Take*

# CONTROLLING PEOPLE

How to Recognize,  
Understand, and Deal  
with People Who  
Try to Control You

PATRICIA EVANS

Bestselling author of *The Verbally Abusive Relationship*

Patricia Evans

# Controlling People: How to Recognize, Understand, and Deal with People Who Try to Control You



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Discover ways to 'break the spell' of control with Patricia Evans' brand-new bestseller. Invaluable insight and information for those who seek support. Already hailed by Oprah Winfrey, *Controlling People* handles issues big and little - revealing the thought processes of those who seek to control in order to give a 'spell-breaking' mind-set for those who suffer this insidious manipulation.



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Awakened to Abuse Following Decades Several weeks before leaving my abusive husband following 42 years of marriage, I actually read "The Verbally Abusive Relationship" by Patricia Evans. I observed many passages that clearly described the abusive methods he was using on me. The information, however, was just so irrefutable, so undeniably true, it was far too painful for me to totally realize and assimilate at that time. Sixteen months after leaving him, We picked the book off the closet shelf and re-go through it, this time noticing a lot more abusive features of his and encounters I went through previously. After decades of being unaware of this type of abuse, I finally attained the realization that he was indeed incredibly verbally abusive during our relationship. In the past, I finally described his physical abuse to a new counsellor. Numerous passages had been boldly marked this time around, and much more notes were produced.. Before we married, however, he was attentive and I idea he enjoyed me as I enjoyed him. We thought that verbal abuse was mainly name calling and hurling outright insults. My to end up being ex husband did not often call me names and obvious insults were rather rare, although he did contact me stupid and crazy a few times. Yes, he did defeat me severely early inside our relationship, but he was mainly a covert abuser. His methods were insidious and had me feel that I was to blame for just about everything that went incorrect. He did not care to listen and brushed me off. Fortunately, he's leaving me by itself, providing me the silent treatment. I finally stood up to him and tell him that he had been extremely cruel. This allowed me to relax enough and make arrangements to obtain my car transported to another state, get my own possessions delivered, organise a plane trip and an airport terminal transfer, all in weekly. Probably the most painful and damaging aspects of his abusive methods was his obvious delight in seeing my hurt responses to his insidiously cruel remarks... the smirk, the laugh, the hate-filled look. As period went on, I learned to cover my feelings also to avoid reasoning or arguing with him. The perpetrator of misuse ravages the soul, crushes the spirit and will eventually murder the partner that's kept in the abuser's hold. It hurts to understand that the one who promised to love and cherish you didn't really look after you. He appeared to get a large amount of pleasure in viewing me suffer physically aswell. It had been a freezing cold time and I went out to the garage to bring in an item from the car. I sensed an increase in my husband's volatility as well as other transgressions which frightened and alarmed me sufficiently to get rid of the marriage. I was dressed only in my indoor clothes, and frantically knocked on the windows and doors for him to want to inside. I was getting very cold, and getting in my 60's, was concerned that I would quickly become hypothermic. He didn't response my cries. I went in side the automobile, but it wasn't any warmer, as I didn't possess the keys to start out it. Extremely beneficial to gain understanding If you live or lived with a person who is controlling, verbally abusive, and illogical, this publication can help you understand the relationship and show you through recovery from this experience. Finally after about thirty minutes roughly and repeated knocks and cries he answered the door. He said he didn't hear me previously. He appeared very unconcerned about me and the whole incident. I just let it go as I knew better than to argue with him...he would just yell irrational insults at me. In the months resulting in the separation, he would become angry and have why I wedded him. He only managed to get worse. It gave me the validation that I desperately needed and it provided me back myself. I was harm, and quietly remarked that I became cold and wondered when he'd answer the door. Before we married, I happily looked forwards to being his wife. I was a loving and attentive wife to him, and was faithful to him throughout our marriage, working very difficult in raising our kids, cooking good nutritious foods and maintaining the home and businesses we owned. He essentially ignored our children, despite the fact that I tried to speak with him, telling him that they might end up being harmed

by his emotional distance. He would often criticize women and men on TV, their physical faults, mouth area too big, crooked nose, too body fat, too thin, etc. I've leaving all my furniture behind. This happens frequently in abusive human relationships.. Finally I managed to do so without help from him. verbal abuse! Want me well on beginning a new chapter of my entire life. I can't recommend this book highly enough. I wasn't actually permitted to cry and I wanted to cry continuously. Family, business associates, close friends at church... these were completely oblivious to his abusive ways. This book provides valuable and enlightening information to anyone who wants to become more informed about the tactics of the abuser. He had a dark and angry part that he didn't display to others. For brief periods over that lengthy marriage I went to many counsellors for "depression" but I didn't mention my husband's abuse, therefore the counsellors were not in a position to help me. This shows how blinded I was to his abuse. I was dry-reaching every morning. Just about any page held therefore many similarities from what I had been going through in this abusive relationship. At the time I had not however acknowledged his verbal and emotional abuse. The counsellor recommended I close my eyes and pretend I was on a beach someplace with my abusive spouse. I didn't retain that counsellor for very long, either. The writer mentions the explanation of the Covert Abuser as "also being angry and hostile. Nevertheless, they don't express anger in the design of the anger addict. This was a tremendous revelation if you ask me, as I had unconsciously concealed and "forgotten" actually the physical assault that happened early in the relationship.. they may be more inclined to develop long-range plans to control and manipulate their partners." How terribly accurate this was in my case. I understood the verbal abuse would get worse and even worse. Oh, I attempted to fix it, over and over and over, exactly as described a partner would do living in these conditions. I just couldn't deal with his insults any longer. I'd reply because I adored him very much. He would sneer and make a denigrating sound.. He was sitting next if you ask me, and made zero effort to greatly help me. Validation at Last! Great Book for women or men to learn what is normally abuse and if it's happening by for you. There was no argument included, either beforehand or at that time (as if which should matter). I was in that state of stress and anxiety and anguish due to his verbal misuse and body language. I didn't ask him the same question. He basically sat there while I was desperately trying to cough up the meals, feeling I would die.. He muttered something similar to "I dunno," and appeared completely unconcerned concerning this incident. After arriving home, We calmly asked him why he didn't help me. I experienced he hated me so very much that he wished I'd die. In the a few months before departing, I had tried to talk to him, asking him to offer a heartfelt apology and seek help. He'd become very angry and would refuse, blaming me instead. "The Verbally Abusive Relationship" helped me to be alert to verbal abuse and the damage that it causes in terms of destroying self-esteem, spiritual, psychological and physical health. I could never "win" anyhow. I recommend this book to anyone who is going through abuse so when a caution to others. He had developed a charming persona that he could control at will, that he could switch on and off just like a light bulb, and he especially loved to play up this persona in church. I was scared of his response. This book helped me immensely! My partner was referred to exactly in this book. He did and said every controlling behaviour, also used the a similar words used as referred to. Patricia's book was therefore helpful that it produced me realise that 'I didn't generate it, I didn't cause it, and I can't fix it'." Again, totally true if you ask me and I possibly could not agree more. I browse this book in a few days, while I was organising how to leave. After reading this book, I simply knew that I got to leave. The writer also describes Denial as being "probably the most insidious categories of verbal abuse because it denies the reality of the partner. I was so scared for my mental and physical

health especially after getting on the getting end of a month-long episode of all the different types of verbal misuse as described. It's all about power and control, and anyone who remains in this type of relationship will never get some of their needs fulfilled. They don't really want you to have ANY needs, wants or wishes. My mental wellness deteriorated exactly as referred to in this book. I was so afraid, almost paralysed, I lost 2kg, I couldn't eat, I couldn't sleep, I could barely think. I descended ever more deeply into the abyss of despair and self-blame. It was so difficult making decisions. I began choking on food stuck in my own throat. Answers to your confusion I have been in a verbally abusive marriage for more than 23 years! In hindsight I realize I felt more protective of other people than myself. I dared not rely on him helping me at all, shape or type. I needed to obtain myself, my car and my personal stuff out of right here intact, as quickly as possible. The vast majority of my efforts appeared to be wasted in him.. I've PTSD and I simply assumed it was the effect of a previous abusive romantic relationship. Now I realise that I'd do not have gotten better in this romantic relationship. Shortly afterwards, when our son and his wife and children were visiting, he recounted his story, approximately my locking myself out of our home. I keep in three times. He was particularly critical of confident women broadcasters, and would be very insulting of these. I am invisible, part of the furniture, not really a real, live human being with my own thoughts, feelings, emotions, ideas, views, dreams and hopes for the future. I wasn't permitted to express these, as he noticed them as a risk. Like thus many abusers, he was extremely polite and good-mannered to others. I still can't believe how badly he treated me and all the nasty, mean factors that he thought to me. Excellent I recommend this reserve to ever girl. He'll make out he is the victim for enduring me and he'll extract as very much pity and sympathy as possible from others. They'll by no means know that he was the long-period perpetrator of verbal and psychological abuse. This reserve gave me back again my power and control over my life. He produced me sound stupid. It's been a lifesaver. I'm getting out of this abusive relationship entirely because of the insight I obtained from this book. I experienced no self-esteem as a result. I've nearly completed reading Patricia Evens' other publication, 'Controlling People' and I believe that both books include all the details one needs, to finally understand the undestandable character of domestic abuse in every its many forms, why it won't get better, why it will only get worse and why you need to obtain out now. He would criticize and downgrade me frequently, and I began to feel worthless. Free from abuse and hopefully filled with fun and real like from individuals who truly do value my happiness. Of course, no one understands and everyone thinks he's a kind, caring, considerate guy, who'd perform anything for anybody, only not really for me personally. It is filled with valuable information for different interactions with verbally abusive people. Good Good Life changing I have with all this book as something special to several friends. It offers helped them just as it helped me to understand my relationship with an ex. I was pleased to see the fresh edition of a publication that changed my life. Good delivery Good book As described Seeing that described. Another illustration of his kind of abuse: In the past, he and I were having lunch at a restaurant. This explains it clearly for me personally!! My adult child suggested that I go to a Dr to get some good Valium, that i only took for 2 days.. This publication offers helped me finally realize I'm truly not crazy and there's a name for this problem. A cost I was willing to pay, just to obtain myself and my mental and physical health and wellness out in one piece, in tatters, however, not completely destroyed, by a man that claims he enjoys me, but really just loves the energy and control he attempted to enforce on me so much more. This, I sensed, was his covert way of turning around the usual "Why do I marry you" remark. I have seen therapist, proceeded to go for guidance in church, you name it, I've tried it to NO avail! the abuser is never really satisfied. Every web page a partner of

an abuser will finally understand the discomfort that she's underwent. I was too embarrassed to require help from a neighbour. I in some way locked myself out of the house. Reading this publication provided me some insight into his actions, how to quickly recognize additional controllers and react to controlling individuals who cross my path.



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