

Session: Verbal Abuse – a Pattern

Welcome: Each person introduces themselves to the group.

Prayer: Ask a member of the group to lead with a short prayer.

Video: Ted Talks, Lizzy Glazer (15 min)

Summary of Talk

Psychological and verbal abuse are the most common elements of domestic violence, yet they are the least talked about. A survivor of domestic violence, Lizzy Glazer, discusses her experiences. In her TED talk, she identifies five common signs of abuse, acknowledges the guilt and shame victims feel, and raises awareness of the invisible scars of psychological and verbal abuse.

Group Discussion:

- In your experience was verbal abuse predictable or unpredictable?
- What is your experience with verbal abuse?
- Did you feel shame when your abuser started on you
- Did you feel:
 - You don't count
 - Your stupid
 - Your ugly
 - No one will want you
 - Etc.