



# The Emotionally Destructive Relationship

*Leslie Vernick*

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## **The Emotionally Destructive Relationship** Leslie Vernick

Leslie Vernick, counselor and social worker, has witnessed the devastating effects of emotional abuse. Many, including many in the church, have not addressed this form of destruction in families and relationships because it is difficult to talk about. With godly guidance and practical experience, Vernick offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage with biblical tools. Readers will understand how to:

- Reveal behaviors that are meant to control, punish, and hurt
- Confront and speak truth when the timing is right
- Determine when to keep trying, when to get out
- Get safe and stay safe
- Build an identity in Christ

This practical and thorough resource will help countless individuals, families, and churches view abuse from God's perspective and understand how vital it is for victims to embrace His freedom from the physical, emotional, spiritual, and generational effects of emotionally destructive relationships.

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