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Articles, A Resource for Enlightenment

These resources have been identified through heartfelt research and a deep exploration of emotional and psychological abuse, relationship dynamics, boundaries, self-awareness and personal growth. Not all resources will resonate with everyone. They are shared as options for those looking for more. Engagement with this information is entirely within your control. Safety and well-being are what matter most.

The following articles and published documents provide insight into navigating and recognizing emotional and psychological abuse. They also provide understanding, language and a different perspective.

The first set of articles are being shared from the perspective of what's being received.

Psychology Today:
https://www.psychologytoday.com/us/basics/emotional-abuse

Women's Law:
https://www.womenslaw.org/about-abuse/forms-abuse/emotional-and-psychological-abuse-0

Reachlink;
https://www.reachlink.com/advice/trauma/fawn-response/

Verywellmind
https://www.verywellmind.com/identify-and-cope-with-emotional-abuse-4156673

The next two articles relate to the abuser and the terms used to define them.

The Family Institute at Northwestern University:
https://www.family-institute.org/behavioral-health-resources/eight-types-narcissists

Psychology Today:
https://www.psychologytoday.com/us/basics/narcissism

Insight leads to empowerment. Empowerment can pave the way toward strength.