



Online Resources: Podcasts, Websites and Videos

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 Podcasts provide insight into navigating and recognizing emotional and psychological abuse. They share stories, perspectives and conversations relating to relationship dynamics and personal experiences with their listeners.

PODCASTS:

- Love and Abuse: <https://loveandabuse.com/all-episodes-by-list/>
- Something Was Wrong: <https://somethingwaswrong.com/episodes/>
- Narcissist Apocalypse: <https://www.narcissistapocalypse.com>

The following websites are shared for the purpose of exploration. They dive more deeply into the topics we may have lightly touched on or not covered. They also provide tools for additional research.

WEBSITES:

- Out of the Fog: <https://outofthefog.website>
- Out of the Storm: <https://www.outofthestorm.website>
- Stop walking on Eggshells: <https://stopwalkingoneggshells.com>



The following videos provide insight into navigating and recognizing emotional and psychological abuse. They share stories, perspectives and educational content that may help answer questions, increase awareness and provide a different perspective.

VIDEOS:

- **What Are the 4 Phases of Emotional Abuse & How Does the Cycle Work?**
Dr. David Hawkins: <https://youtu.be/u-qNZJlnVuU?si=uJbFOIFDIMpQKxPK>
- **Mental Abuse, Psychological Abuse, and Emotional Abuse - What They Really Have in Common**
Psych2Go: <https://youtu.be/cyphOYF6Ya4?si=Dg4UX8HkKhctDsE7>
- **Be Careful of This Emotional Abuse (The DARVO Manipulation Tactic)**
Psych2Go: <https://youtu.be/7yW2ihgjAlg?si=xuugs1ZlxGj5D-yn>

A gentle reminder that knowledge is power and provides strength through the words of others. We send love and light along with kindred support and positivity when navigating this phase of the journey.