## Verbal abuse

Verbal abuse is a type of abuse that involves the use of words or language to harm, control, intimidate, or manipulate someone. Verbal abuse can take many forms, including yelling, name-calling, insulting, belittling, mocking, and threatening.

Verbal abuse can have a significant impact on a person's self-esteem, emotional well-being, and overall mental health. Victims of verbal abuse may experience feelings of worthlessness, shame, anxiety, and depression. Verbal abuse can also lead to physical symptoms such as headaches, nausea, and fatigue.

Verbal abuse can occur in various settings, including personal relationships, workplaces, schools, and online. It is important to recognize the signs of verbal abuse and take steps to address it. If you or someone you know is experiencing verbal abuse, it is essential to seek help and support from a trusted friend, family member, or professional.

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