



But Words Will Never Hurt Me: Workbook: A Story of Overcoming Abuse

Del Hungerford

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The workbook accompanies "But Words Will Never Hurt Me: A Story of Overcoming Abuse." To begin with, the workbook presents 27 forms of verbal abuse and then includes examples of each form of abuse. Each chapter is then discussed and the readers are asked to come up with scenarios from their own situations that represent abuse.

In order to work through an abusive situation, it's important to understand what is involved in verbal abuse. Each chapter provides a series of questions (taken from the book) for the readers in the workbook. By comparing examples from the book to personal examples, readers are encouraged to first understand and then take back the control from the abusive partner.

For those desiring to complete the workbook with others in a class format, they may do so by joining the Free From Verbal Abuse Forum (see link below). The course is divided into two semesters where the participants have specific assignments that are completed with others in the class.

"...But Words Will Never Hurt Me: Workbook" is accompanied by the book "...But Words Will Never Hurt Me: A Story of Overcoming Abuse." The book is sold separately.

For more information, visit the forum: www.freefromverbalabuse.com

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Raymond Bryan:

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Sandra Castillo:

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