

Resources

[The Subtle Signs of Emotional Abuse: 10 Common Patterns](#) in *Blac Detroit* by the Blac Staff

[7 Subtle Signs of an Abusive Relationship](#) in *Happiful* by Sarah Young

[Can Your Recognize These 15 Subtle Signs of Emotional Abuse?](#) in *Toxicities.com* (no author given)

[Emotionally Abusive Relationships Can Be Hard to Recognize. Here's Why](#) in *Healthline* by Simone M. Scully

[Why Is Emotional Abuse So Difficult to Recognize?](#) In *Good Therapy* by Betsy Smith, MEd, LPC-S

[Why is Emotional Abuse So Difficult to Recognize?](#) In *BTSADV* by Jenn Rockefeller

[Why You're So Confused About Covert Abuse: The Doubt-filled Mind and Dysregulated Brain](#) in *Confusion to Clarity* by Helena Knowlton

Books

Healing from Hidden Abuse by Shannon Thomas

How He Gets into Her Head by Don Hennessy (recommended in *Confusion to Clarity* article).

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