Breaking the Cycle of Verbal Abuse — gently, bravely, daily

Part of the 8 Hidden Wounds Series | From CEN to Wholeness

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✨1️⃣ Calming Pause Scripts for Your Voice

When your chest tightens, your words sharpen, your voice rises — stop, breathe, soften your tongue, and whisper (if you can):

- “Pause. Breathe. Protect.”
- “My anger is here — but I don’t have to use it as a weapon.”
- “I am bigger than this feeling.”
- “My job is to guide with words that heal, not cut.”

Where this helps:

- When your child talks back and you want to snap “Don’t you dare!”
- When you feel like calling them “lazy” or “selfish.”
- When you’re about to shame them with “What’s wrong with you?”
- When silence turns into cold withdrawal.

✨2️⃣ Gentle Alternatives to Harsh Words

Instead of words that sting, try these practical swaps:

🚸 **Backtalk or sass:**

Instead of “Shut up right now!”

Say: “I need a pause. I’ll listen when I’m calmer.”

👕 **Slow mornings:**

Instead of “Why are you always so slow?”

Say: “Getting ready feels hard today. Let’s find one small step together.”

💢 **Defiance:**

Instead of “You’re impossible!”

Say: “I don’t agree with your choice. Let’s talk when we’re both calm.”

🧸 **Sibling fighting:**

Instead of “Why can’t you ever behave?!”

Say: “Your voices are too sharp. Let’s try again with words that don’t hurt.”

🍽️ **Mealtime chaos:**

Instead of “You’re so messy/disgusting!”

Say: “Food belongs on the table. Let’s clean up together.”

✨3️⃣ Repair Scripts After Hurtful Speech

When it slips through — because it will sometimes — come back to repair:

- “Those words were not okay. I wish I had chosen better.”
- “You did not deserve to be called that — it was my fear, not your fault.”
- “My silence shut you out. That was unkind. I’m here now.”
- “I shouted and scared you. I will try again.”
- “You are good, even when I am angry.”

Where this helps:

- If you yelled “What’s wrong with you?!”
- If you threatened with words you regret.
- If you went silent for hours as punishment.
- If you called them a name or insult.

✨4️⃣ Journal Prompts to Meet Your Inner Critic

When the day is calm, sit with these:

- “When I wanted to shout, what was I protecting?”
- “What old voice was I repeating — whose words did I echo?”
- “How old did I feel inside when I lost it?”
- “What did my protector part want for me — control, respect, to be heard?”
- “What new truth does my inner critic need to hear?”

✨5️⃣ Daily Ritual: Safe Words

Every night, softly say to your child:

“These words are for guiding, protecting, loving. My words will not tear you down.”

Do this for yourself too:

One hand on your heart, whisper:

“My words can heal. My voice can soothe. I choose repair.”

Small repeat. Big change.

💚 Keep This Close

Print this guide. Stick it on the fridge. Fold it into your planner.

A sharp word does not undo your good heart.

Every pause, every repair — that is the cycle cracking open.

You are the break. 🌱

This free resource was created with care. If you found it helpful, you can support my work here: https://healingthevoid.kit.com/products/help-this-grow-pay-what-you-can

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