

Name Calling?

When things start getting bad in a marriage, some spouses sink to name calling. It's mean-spirited and hurts. And, it's considered verbal abuse too. No spouse should ever have to endure verbal abusiveness.

Verbal abuse destroys the victim's self confidence because, after a while, they tend to believe the insults and blame themselves for the abuse.

Name calling only gets worse over time.

Why would a spouse ever want to call their partner names anyway? It's usually because they have a desire to control their spouse by making them feel inferior.

As the need for control grows, so does the name calling. With time, minor put downs become hateful insults.

Dealing with Name Calling

Behind every angry insult and name lies an unmet need. The only way for a spouse to stop their nasty habit of name calling is to look within and identify any unmet needs that are triggering their deep-seated frustration.

Once identified, these unmet needs can be communicated in a mutually productive conversation about how to meet them.

Communication in relationships is essential to ending verbal abuse.

The way a spouse communicates their feelings either makes the situation better or worse.

Beginning statements with "I" is better than beginning with "you." "I feel sad" is much better than "you make me sad."

See the difference? The former shows that the person is taking responsibility for his or her feelings instead of blaming someone else for them.

Sometimes the marital conflict is so bad that a couple needs marriage counseling to help identify unmet needs that are triggering so much anger and frustration.

Name calling is a vicious cycle where spouses feed off of each other's negativity. The victim contributes to the cycle through criticism, blame, shame and other forms of negativity. The abuser takes this negativity and turns it into anger and verbal abuse.

At the end of the day, both parties must work together to stop this cycle.

Verbal abuse must be avoided at all costs. To end this type of abuse, couples must learn how to identify and communicate their needs effectively.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!