



Chronically Hurtful People: How to Identify and Deal with the Difficult, Destructive and Disconnected

Roxanne K. Livingston MA

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This book discusses and describes the thinking and behavior patterns of Chronically Hurtful People. The reader will understand how and why these patterns are irresponsible. Readers will be given several ways to look at diagnosis and some theories related to the origins of problem behavior in the CHP. There is information on specific thinking and behavior “errors” and an explanation of how one can learn to observe and work with these issues from a neutral observer position. An overall formula for intervention and specific intervention strategies are taught. In addition, readers will learn about some of the common problems encountered in dealing with CHPs and learn ways to avoid these problems.

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