



THE PATTERNS OF EMOTIONAL VICTIMIZATION

There are a number of patterns of abuse and victimization; physical, verbal, and emotional abuse. If you are living with physical abuse you are probably living with all three types. The National Hotline for Domestic Abuse is 1 800 7997233. Some of the following information may help you determine if this is your situation, if in doubt call the hotline. Please get the professional help you need if you are living with abuse. The main goal of the abuser is to control the victim. Below are a list of traits that are often characteristic of an emotional abuser. This list was compiled from psychologytoday, and psychcentral.com

Verbal Abuse – name calling
constant criticism
sarcasm

Emotional abuse – overly critical
dismisses your opinions
frequent affairs
mood swings
refusing to communicate
creates isolation from family and friends
overly jealous
controlling of the finances
questioning your intelligence, memory, or abilities
dismissing facts
not taking responsibility for their actions
emotionally immature
initially kind and charming

Symptoms of the Victim – walking on egg shells
isolating from family and friends
feeling like your ideas and opinions are dismissed
inability to trust
underachievement
loss of self confidence
anxiety

depression
PTSD
sleep disturbances
suicidal thoughts

Understanding the abuser - they may be victims of emotional abuse or bullying themselves as children
they want to appear as perfect
may have an addiction –alcohol, drugs, gambling, etc.
may have mental illness, personality disorder, narcissism, PTSD
fear of abandonment, or emotional pain.

Help lines – Healthy Place.com,
womanslaw.org.
Center for Relationship Abuse (1 800 7997233)

Tools for the long term – Peer support,
mentoring (check for support groups in your area) 12 step groups
individual or group therapy,
writing

Tools for the moment – distract from the situation
use humor
run an errand
find alone time
keep your cool

Please download the second PDF-Using Creativity to Empower Your Life for more ideas to help yourself.

If would like to personally contact me – bccoogan.bc@gmail.com