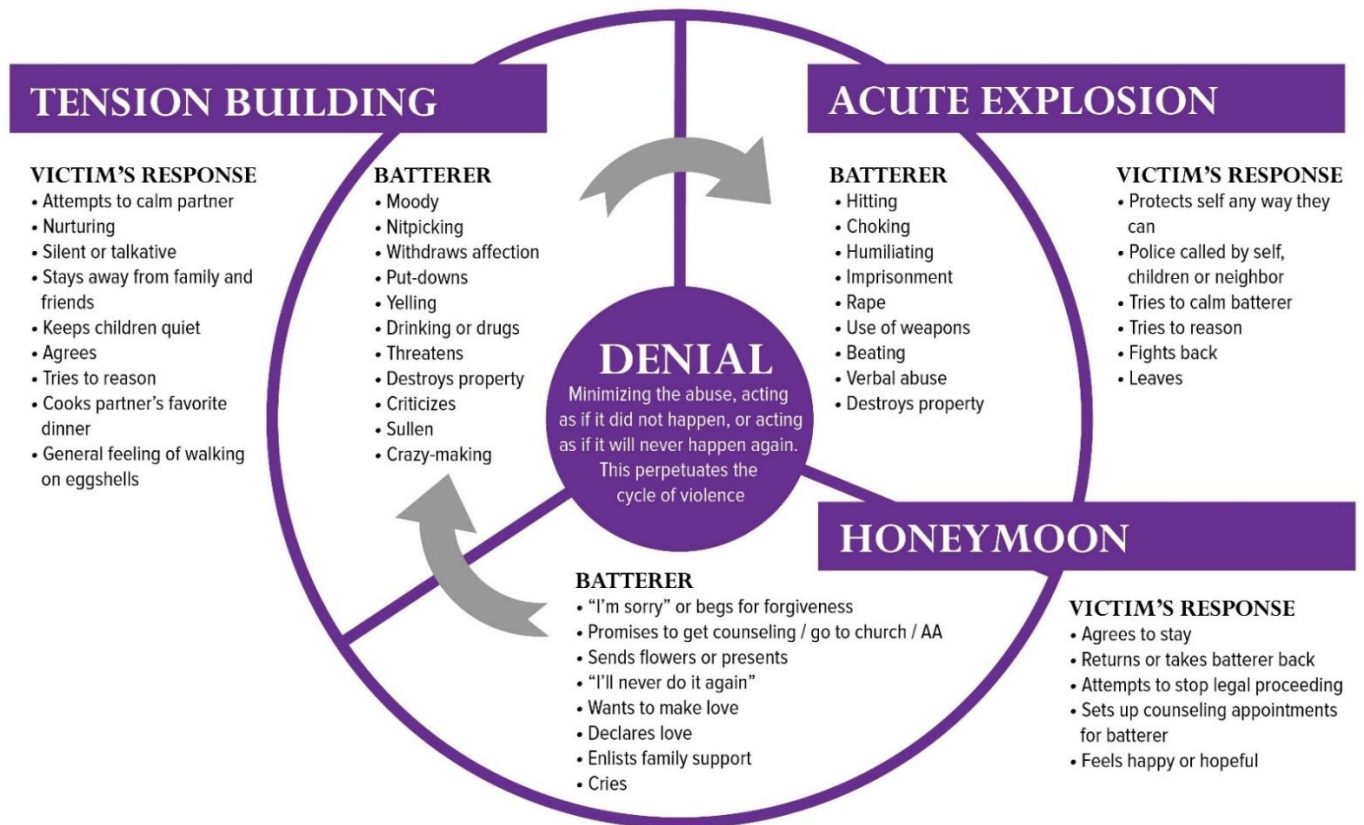


UNDERSTANDING THE CYCLE OF VIOLENCE



Examples of Emotional Abuse through Invalidation

Ordering you to feel differently: *Get over it. Don't be so sensitive.*

Ordering you to look differently: *Don't look so serious. Don't look so proud of yourself.*

Denying your perception, defending: *You've got it all wrong. But of course, I respect you.*

Trying to make you feel guilty while invalidating you: *I tried to help you. At least I did X. You are making everyone else miserable.*

Trying to isolate you: *You are the only one that feels that way. It doesn't bother anyone else, why should it bother you?*

Minimizing your feelings: *You must be kidding. It can't be that bad.*

Using a false illusion of reason: *There is no reason to get upset. Let's stick to the facts.*

Judging and labeling you: *You have a problem. You are too sensitive. You are hopeless.*

Tell you how you should feel or act: *You should be excited. You shouldn't let it bother you.*