

Behaviors Most People Do Not Consider Abusive But Are

Today's podcast is about some behaviors that most people don't consider abusive, but actually are.

Narcissists & their flying monkey enablers have a very skewed view of what is ok & what isn't ok, what's abusive & what isn't abusive. Narcissists are an extremely entitled bunch & they lack empathy, so in their minds, whatever they want is all that matters. Hurting others isn't important. And, their flying monkeys agree wholeheartedly. So what if someone gets hurt? The narcissist is the important one, after all.

These people act like certain abusive behaviors are completely normal. In time, this can make victims think the narcissist is right, that they are wrong for being upset about something that is supposed to be so normal. More subdued abusive behaviors often fall into this category.

Also, many abuse victims develop a very thick skin when it comes to abuse. This comes from being abused repeatedly. If an abuser isn't screaming at them or physically assaulting them, they sometimes don't think they are being abused. Unfortunately abuse isn't always so easy to spot. It can be subtle, but equally abusive. This post will describe some of the subtle ways a person can abuse.

Taking or relocating your property. When you live with someone, chances are excellent you will move each other's property at some point. My husband moves my purse if it's in his way, for example. But when someone hides or even gets rid of something that belongs to you, that is abnormal! It is also abusive if the person blames you for forgetting that you moved or got rid of the item when they are the one who did it. That is gaslighting!

Controlling behavior. Telling you what to say, how to act, how to look, what to wear, hiding your car keys so you can't go anywhere are all abusive, even if there are no physical threats to go along with the control. No one has the right to control another person.

Ignoring sexual boundaries. Someone who uses guilt & shame to force you to perform a sexual act that is something you really don't want to do or causes you pain is just as guilty as the masked man who rapes you at knife point. Just because a weapon wasn't used doesn't make this ok. It's not ok if you're married either. Being married doesn't give anyone the right to be sexually abusive.

The silent treatment. While the silent treatment isn't usually considered abusive, it actually is. If you don't know what the person's up to, the silent treatment can make you do almost anything to win the favor back of the

person not speaking to you. It sets you up to be controlled & manipulated while damaging your self-esteem. Once you understand what the silent treatment is about though, it can be a pleasant respite from the abuse.

Being confusing & unreasonable during a disagreement. Most people try to work together to a solution when involved in a disagreement, even if things are heated. An abusive behavior is instead of working on a solution, talking in circles, trying to focus on something other than the issue at hand, projecting their flaws onto you, bringing up past arguments, & gaslighting.

Please remember not to normalize or excuse abuse. Behavior like this is NOT normal & there is no excuse for anyone to act this way. Even if it happened "only once", there is still no excuse for it. Instead, admit the truth, that such actions are abusive & terrible. You also need to accept that you have done nothing wrong, & you did nothing to deserve such treatment. You have every right to be upset about what was done to you. You also have every right to protect yourself from further abuse so set those boundaries & take good care of yourself!

Thank you for listening to my podcast!