Pattern of POWER achieved by ABUSE

FEELINGS

FEAR
(Out of Control)

GUILT

Victimized
Justified

ANGRY

Guilt

THINKING

Perceived Threat
(Anticipating Pain)

"I must do something..."
(Need to Control)

Habit level beliefs…
It's OK to Abuse

Yeah...it's wrong to abuse.
But...it's Ok this time
Because this is different!

Blame Shifting
Victim Blaming
Justifications | Excuses
Minimizations

This is how we BS our conscience!

ACTIONS

ABUSIVE BEHAVIOR

To achieve

Power & Control

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