

PROFILE OF THE PSYCHOLOGICAL ABUSER OR MISTREATER:



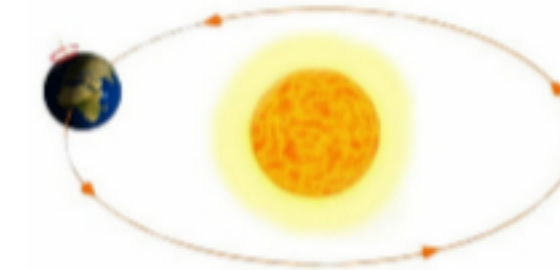
* **PSYCHOLOGICAL VIOLENCE OR MALTREATMENT IS INVISIBLE, COVERT**. Buried, implicit, **underlying**. Many of the domestic criticism goes **unnoticed, invisible to everyone (only indoors) and out of the sight of others**. Concealment Social. Iceberg effect.

* **APPEARINGLY KIND AND CHARMING**, at first and with who they are interested in, but with their victims they can be VERY UNPLEASANT, INSENSIBLE, INDIFFERENT, SARCASTIC, DESPICATOR, MAKE SCOFF, SADICTIC AND CRUEL.



* THEY HAVE GOOD OR UNBEATABLE PUBLIC AND SOCIAL IMAGE. THEY TRY TO GIVE A MORE FAVORABLE IMAGE THAN NORMAL. THEY NEED ALMOST ALWAYS "TO LOOK WELL", although for this they have than to make excuses, disguise, cheat or lie. Rarely or never they accept being wrong, mistakes or guilt.

* They are **EGOCENTRIC**. They always behave according to their own interest. Consider their point of view and their interests most important than the others. Some people have not understood that the earth turns around the sun, not to them.



* They are **NARCISSISTS**, they overestimate their knowledge, their image, their proceeds. They consider themselves superior to others. They need affirmation, adulation, and admiration. They are similar to the egocentric but they are also influenced by opinion of others. In the end they may end up being manipulated or cajoled by those who flatter, flatter, lick, or butter up.

* THEY MAY SEEK THE **HELP OR ALLIANCE OF OTHERS**, WHO CONFIRM THE CRITICISM OF THE VICTIM AND **BECOME ALSO ACCOMPLICES and/or MISTREATERS** FOR THE PURPOSE OF GETTING BENEFITS FROM THESE SITUATIONS. **WITH FEELINGS OF ENVY, AMBITION, GREED AND SELFISHNESS.**



* They are **FALSE**. THEY AREN'T ALWAYS SINCERE. They use **FALSEHOOD** in the form of **SIMULATION (PRETEND) OR APPEARANCE, LIE and DECEPTION** to obtain their purposes and not have problems.



* **THEY ADOPT THE FALSE "VICTIM ROLE"**, as they are always criticizing and accusing the victim. They pretend to be a victim, **THEY ARE MANIPULATORS**, and end up finding the support of others (third persons) who end up becoming accomplices and collaborators of the abuser or mistreaters in the same rank. **They position the true victim as an attacker and adversary (paranoid behaviour)**. They end up "turning the tables" arguing convincingly that he or they are the abused.



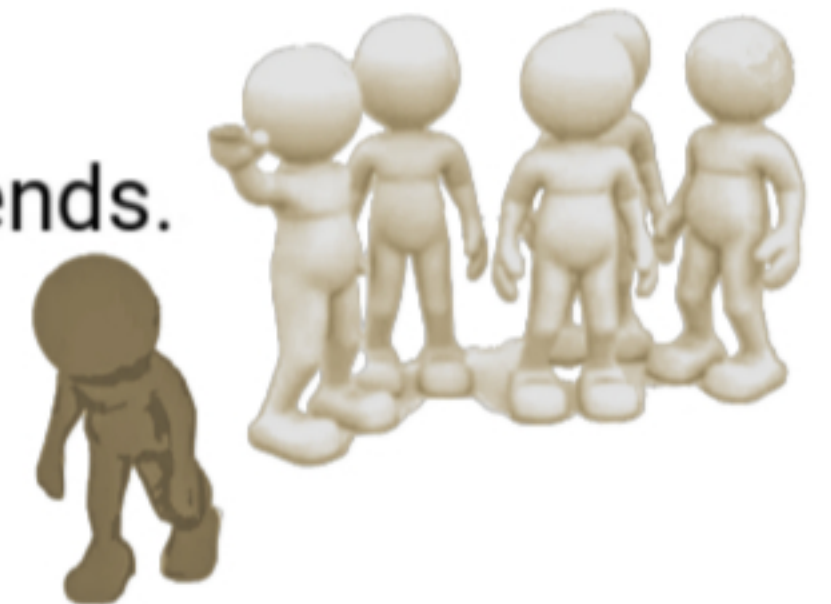
* **LACK OF EMPATHY. Unable to put themselves in the shoes of others. Unable to feel pity, sorrow and compassion for the victim. They don't know how to listen (lack of active listening).** They can "hurt" or "**not help**" the victim without feeling compassion, resentment or any guilt. By ignoring or ignoring the victim's emotions, they come to **NOT ACCEPT HIM/HER** (REJECTING). They seem without emotions and feelings. **Icy or empty affectivity. Alexithymia towards others. Cold treatment. Affective misery. Emotional abandonment.** They ignore what the victim feels, suffers, thinks, wants or needs.

* **NO ACCEPTANCE of the victim.** Whether they are children, parents, relatives, partner, etc. Lack of Acceptance of the experiences, actions, of the victim and enters into negative value judgements and prejudices. **NO UNCONDITIONAL ACCEPTANCE.** You have to have the maturity to understand that we must accept that we are all different, unique people, singular, irreplaceable, with qualities and defects, Acceptance brings serenity, balance and stability, and weighted actions. If the victim is different, not perfect (nobody is), he has a chronic illness or disability, he needs patience, positivity and acceptance.



* **ABANDONMENT AND INDIFFERENCE EMOTIONAL.** They also show **distancing**, separation. Indifferent treatment.

* **TRY TO ISOLATE, CORNER OR SEPARATE THE VICTIM** from family and friends.



* **ABUSE OF TRUST AND BY DAILY TREATMENT FOR YEARS.**

* **DISRESPECT**. Violation of rights, freedom, privacy, rest, lack of consideration of the wishes and decisions of the victim.

* **LACK OF MORAL AND VALUES EDUCATION**. They have no notion of proportion, equality, human rights, a sense of emotional or family bonding, justice and moral principles.



* **LACK OF SOCIAL SKILLS AND ASSERTIVENESS. ALSO IN URBANITY RULES**, which their victims end up paying.

* **INGRATITUDE. THEY ARE UNGRATEFUL. They don't appreciate or value any help, favour, support, contribution, gift and service, or any sacrifice from the victim.**

* ALSO, **"IN PUBLIC" THEY MAY HUMBLE, DISCREDIT, DEGRADE, DESPISE, DISPRESSTIGATE, RIDICULATE and TO SHAME THE VICTIM. INSOLENT, CYNICAL. VEXATIOUS TREATMENT.**



* **DOESN'T REPORT FROM OWN INTENTIONS**, ACTIONS, AND INTERIOR LIFE (WHAT THEY THINK). DOESN'T GIVE ANY EXPLANATION. ACT IN HIDDEN. TO CONSOLIDATE POWER AND CONTROL. TO DO WHAT COMES INTO WINS WITHOUT TAKING INTO ACCOUNT THE OPINION OF THE VICTIM. THEY ARE USUALLY **UNTRUSTED** (WITHOUT MEANING, REASON AND MOTIVES).

* **THEIR INTENTION AND WILL IS TO "HURT", TO DAMAGE**, HARM, ATTACK, GRIND, DISORDER, DISTURB, DENIGRATE, WORSE, IMPAIR OR INJURY **THE VICTIM**. Hostility.



* They are **AUTHORITARIANS (DESPOTES OR TYRANTS)**. **ABUSE OF POWER**. They have to make their will prevail. They demand obedience from the victim. Command, demand, obligate. But they can also be very liberal and friendly with others.



* **DICHOTOMOUS THINKING (OF ALL OR NOTHING)**. Everything **is fine or** if not the opposite, it **is wrong**. There is no middle ground. Either you think like me or you think against me. **I'm right and you aren't right** (black or white).

* PRIMITIVE OR RIGID THINKING. They have ONLY ONE REASON OR TRUTH, THEIRS. "BEING RIGHT OR THE REASON" BECOMES A VITAL PRIORITY. NO MATTER WHAT THEY DO, THEY WILL NEVER FEEL GUILTY FOR THEIR ACTIONS. They always have a SELF-JUSTIFICATION (their reason or vision) of their actions. They believe that their thought and beliefs are more widespread in the rest of the population than they really are and thus their thinking is more normal. INFLEXIBLE. IRRECONCILABLE. UNAPPELABLE. THEY DON'T TWIST THEIR ARM OR ADMIT RESPONSIBILITY AND TAKE THEIR VISION TO THE LIMITS OF DISCUSSION, ANGER (with stubbornness) AND FIGHTING. THEY DON'T TOLERATE CRITICISM, DIFFERENCE and easily DISCRIMINATE. They consider the victim different from their and with a way of thinking that isn't their and therefore misguided, stupid, inferior, crazy or sick in the head.

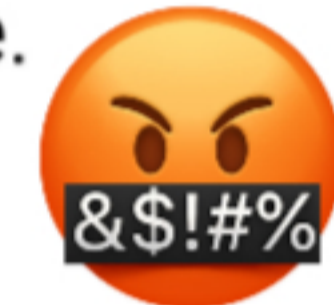


* They are full of PREJUDICES AND STEREOTYPES. **Prejudices** are preconceived, hasty and uncertain valuations or beliefs, which influence the point of view and serve to discriminate, dominate, not accept, have a hate speech, without having remorse and without reflecting on whether it is good or bad. They therefore have a cognitive bias. Prejudices are often based on **stereotypes** that are simplified, fixed, permanent, ideas or mental images influenced by culture and that serve to justify something without scientific basis and without reflection and thus be able to react very quickly and without thinking. Both are part and help to explain the rigid and inflexible thinking.

* **JUMP TO CONTINUALLY CONTRADICT AND SHOW DISAGREEMENT AND DISCREPANCY. THEY'RE TIRELESS AND PERSISTENT NEGATORS. FIGHTERS. WITHOUT RESPECT OR CONSIDERATION. THEY SHOW LACK OF REFLECTION AND SELF-QUESTIONING. OPPOSITIONAL ATTITUDE. THEY VERY OFTEN DON'T DOUBT.**



* **CONSTANT AND REITERATED DESTRUCTIVE CRITICISM. TO ACCUSE. TO BLAME. CHRONIC, FREQUENT AND HABITUAL DISQUALIFICATION. CORRECT. THEY'RE VERY CRITICAL BUT AT TIME VERY LITTLE or NOTHING SELF-CRITICAL. They blame others for their problems. They embrace negative criticism and avoid any constructive criticism. Antagonistic attitude.**



* **DON'T DO SELF-CRITICISM (SELF-REFLECTION AND SELF-QUESTIONING). They don't know how to fit in or accept criticism. THEY DON'T TOLERATE CRITICISM, DIFFERENCE and easily DISCRIMINATE. They blame others for their problems.**

* **VERBAL OFFENSE through negative and destructive criticism, humiliation, disparagement, insults, teasing, shouting, intimidation (breaking objects or punching a table for example), threats, coercions.**

* They have a "NEED TO FEEL SUPERIOR" TO OTHERS AND PROVE IT (for this reason they despise and treat their victims as inferior - unequal relationships), ABUSE OF SUPERIORITY and also "NEED OF POWER AND CONTROL", to control the victim. OVERESTIMATES THEIR KNOWLEDGE, WISDOM or EXPERIENCE. THEREFORE, THEY CAN INCITE OR CHALLENGE THE VICTIM. They seek to dominate, subordinate and the obey from the victim. They deprive the victim of intervene in any decision that affects both.



*ABUSE OF POWER. THAT'S PRODUCED IN THE ASYMMETRIC RELATIONSHIP (OF POWER, ECONOMIC, OF SOCIAL ROLE, OF POSITION, STATUS, GENDER ...), OBJECTIVE: TO COMPETE AND OVERCOME THE VICTIM THAT CONSIDERS A RIVAL. DOMINANT-SUBMISSION RELATIONSHIP (OR UNFAIR - LOYAL, ABUSER - ABUSED). IT ISN'T A RELATIONSHIP OF EQUALITY, SYMMETRY OR HORIZONTAL. They set themselves up as judges (partial and subjective) for whom to reward and whom to punish (the victim), ignoring the positive information and magnifying the negative. **It's a toxic relationship for the victim.**



* **REIFICATION OF THE VICTIM**: treated **as a possession, as an object**, separating he/she from feelings, thoughts and needs.



* **ECONOMIC DROWNING TO THE VICTIM**. They come to create in the victim an economic dependence and abuse in the economic plane. And to **"not" give the money that he deserves or that corresponds to him/her or that they had promised. They distrust the victim and treat him/her as incapable of managing herself financially well.** They governs or manages the money and properties of the victim. **Economic oppression. Authority abuse.** They neglects basic needs such as feeding of the victim. Changes in the will or properties titles or transfer of sudden powers. Fraudulent sales and swindle. Suspicious movements in the bank account. **They appropriate of properties, salaries, rents and others things from the victim.** They cause loss of economic heritage. Progressive deterioration of the quality of living. **Real estate harassment.** Disappearance or theft of objects loved by the victim.



* **NEGLIGENCE, OMISSION, INDIFFERENCE.**

* DON'T DEFEND THE VICTIM. IMPASSIVE. THEY DISREGARDS AND NEGLECTS FROM THE VICTIM. NOT IMPLIED (PUTS DISTANCE, INDIFFERENCE) DOESN'T HELP. OMISSION AND NEGLIGENCE TO PROTECT, DON'T CARE FOR, NOT SECONDING OR SUPPORTING. THEY LEAVES HER/HIM UNATTENDED, DEFENCELESS and ABANDONED. AND HURTS THE VICTIM WITH ITS LACK OF EXPECTED ACTION. SILENCES OF PUNISHMENT, INDIFFERENCE, TO HURT and MARTYRDOM. Use silence to manipulate.



* They are DISLOYAL, UNFAITHFUL, TRAITORS, HYPOCRITES, DISHONEST.

* OBSESSIVE WITH THE VICTIM.



* They are DISCONTENTED, RESENTFUL, SPITEFUL AND VENGATIVE.

* ROLE OF JUDGES. They are always judging and criticizing. They stand as judges (partial and subjective) for whom to reward and whom to PUNISH (the victim), ignoring the positive information and magnifying the negative. CHRONIC CONDEMNATION.



* They use LABELLING OR STIGMATIZATION, that is, generalizations that reduce, simplify, compress, and trim the reality to a simple word or adjective and thus qualify the victim with negative labels and leave out the positive traits. Selective memory biased towards to the unfavourable and destructive. They **underestimate**.



* MAKE NEGATIVE ATTRIBUTIONS OF ACTIONS, COMMENTS, OR WAY OF BEING OF THE VICTIM:

-MAXIMIZATION OF THE NEGATIVE + MINIMIZATION OF THE POSITIVE. They don't value and ignore positive details. They don't give importance to what is positive or good. They **MAKE EXAGGERATED OR FALSE ACCUSATIONS. THEY SEEK THE DEFECTS in their victims while NOT FINDING THAT DO ANYTHING WELL DONE, AND THAT MAKES THEM ENJOY "FEELING SUPERIOR."**



* MINIMIZING THE COMPLAINTS of the victim and they don't care. Ignore suffering and needs from victims.

* They question the victim and QUESTION HIS/HER MENTAL HEALTH, INTELLIGENCE, DIGNITY, VALUE, PRIDE AND SELF-ESTEEM. THEIR WAY OF BEING AND ACTING.

* "THEY DON'T FEEL GUILT, REPENTANCE", TOTAL ABSENCE OF REMORSE and FEELINGS OF GUILT, PAIN. "THEY ARE INSENSIBLE" (RUTHLESS AND INCLEMENT) TO THE PAIN OF THE VICTIM, TO THE COMPLAINTS THAT THEY INTERPRET THEM AS A DEFECT MORE AND ANNOYING FROM THE VICTIM. AFFECTIVE INDIFFERENCE (UNFLAPPABLE). PASSIVITY in the face of the victim's suffering.



* THEY ARE SADISTIC and CRUEL, since they can feel good or enjoy the suffering of the victim.

* **MUST-ING.** They are CONTINUALLY SAYING HOW the victim "SHOULD OR MUST" BE, DO, OR BEHAVE. They impose rules to others and demand rigid forms of behaviour. THEY EXPECT OR DEMAND TOO MUCH OF OTHERS (ESPECIALLY FROM THE VICTIM), MORE THAN VICTIM CAN DO. THEY'RE STRICT. FUSSY. They fail to ACCEPT THE VICTIM AS DESERVING OF ANYTHING. NEITHER ACCEPTED AS EQUAL OR PERSON, CONSIDERS THAT DOESN'T DESERVE ANYTHING GOOD.

* POSSIBLY THE ABUSE OR MISTREATMENT MOST LIKELY TO BE FOUND IN **INDIVIDUALS WITH LOW SCHOOLING** (LIMITED VOCABULARY), **POOR EDUCATION**, OR WITH **ADDICTIONS SUCH AS ALCOHOL** AND WITH **NARCISSIST, PSYCHOPATHIC, SADISTIC** AND / OR **ANTISOCIAL** PERSONALITIES.



EFFECTS ON THE VICTIM OF PSYCHOLOGICAL ABUSE OR MISTREATMENT

Low or negative self-esteem, distress, anxiety, confusion, great insecurity, depression, isolation, sleep disorders, apathy, passivity, fearful attitude, fear, anger, agitation, suicide attempts, loss of appetite, deprivation of leisure, dehydration, malnutrition, hypothermia, hyperthermia, neglected appearance, inadequate clothing, lack of clothing due to economic deprivation, lack of hygiene, housing without the conditions of habitability, untreated health problems, lack of hearing aids, dental, or glasses.



Deixeu viure en pau
Dejad vivir en paz
Laissez vivre en paix
Let live in peace

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