

THE MEND PROJECT

educate. equip. restore.

Denial:

A fundamental refusal to accept responsibility by living in a false reality.

Dismissing:

Getting rid of the other's value and what they hold dear with a wave of the hand.

Magical Thinking:

Believing the abuser's problems will go away with apologies or promises alone when much more work is required from the abuser to change.

Pathologizing:

Making the victim the problem by inflating the victim's expression of a problem, which is actually caused by the abuser in the first place.

Playing the Victim:

Using language or defeatist posture, such as pouting, to avoid accountability and responsibility.

Entitlement:

Unrealistic demands that one is deserving of preferential treatment or double standards.

Joking:

Saying mean things, then acting as if you were joking when confronted with your behavior. "That was just a joke" can be the first sign of an abusive relationship.

Gaslighting:

Altering or denying a shared reality so that victims feel they are wrong in their perceptions and experiences.

All or Nothing:

Using black and white thinking to divert the focus off the abuser in order to disarm the victim.

Catastrophizing:

Creating fear and negative dependence in the victim and blowing things out of proportion.

Creating a Cloud of Confusion:

Telling false and grandiose stories to third parties in order to objectively undermine and manipulate the end result or outcome.

Countering

Doing the opposite when receiving a reasonable request or desire for connection and reciprocity.

Lying:

Consciously or unconsciously withholding or altering the truth with blatant disregard.

Power-play / Power Over:

Using any means necessary to make the other feel emotionally less deserving, impotent and powerless.

Reductionism:

Stripping the other's ideas, expressions, or actions of value, thus minimizing the perpetrator's culpability.

Sanitization:

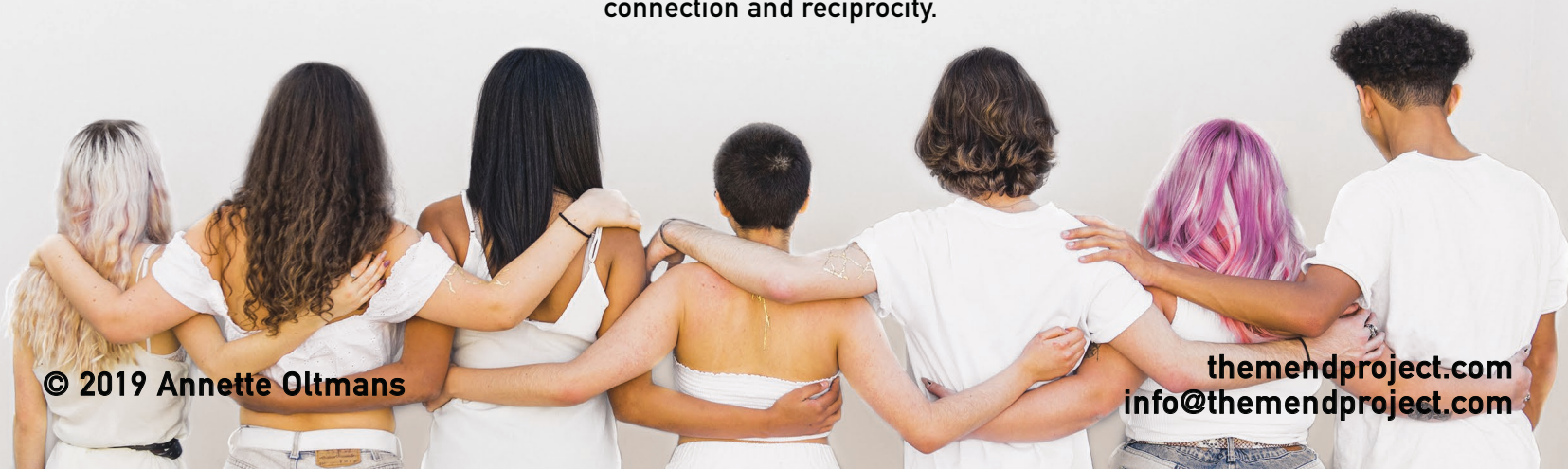
Normalizing unhealthy behavior to make it artificially acceptable or good.

Grandiosity:

Inflating one's value to diminish the other's.

Rationalization/ Excuse Making:

Justifying destructive behaviors or attitudes with supposed logical reasons or excuses. Goes hand in hand with Scapegoating and Reverse Blaming.



Blame-Shifting:

In blaming, issues are always one-sided or reversed with the problem being laid at the victim's feet.

False Accusations:

Stating an unexpected negative lie told to or about the partner. False accusations often lead to Scapegoating and Gaslighting.

Retaliation:

Engaging in deliberate "payback" for imagined harm instead of problem solving. This can be expressed in aggressive or passive-aggressive behaviors.

Scapegoating:

Creating scenarios where facts are mischaracterized in order to confuse and turn consequences against another so the victim is viewed as guilty, or forced to bear the responsibility for the problem. The victim is victimized twice; first being made the brunt of the situation, and second, being made to bear the resulting shame or punishment.

Disavowal:

Belittling and devaluing of the importance of one's abusive behavior.

Withholding:

Refusing to communicate, listen or rejoice in one's good fortune. One of the most toxic forms of abuse.

Broken Promises:

Making promises to do certain things or change, then denying ever making those promises, refusing to keep them, or saying they forgot.

Deflection:

Defensively refusing to authentically communicate, changing the topic, or inventing false arguments.

Minimization:

Abusive belittling of the victim's perspective with the intention to make the victim's values unimportant, and therefore, kill their confidence, creativity, and individuality.

Crazy Making Behaviors:

Intentional distortions of reality for the purpose of making the victim feel confused. A "cousin" of Gaslighting.

Refusal To Take Responsibility:

Negating responsibility for one's actions by diverting accountability and avoiding the hard work of changing.

Undermining:

Undermining is a sneaky way to squelch joy, effort, creativity, or ideas that could bring positive attention to the victim.

Cover-ups:

Attempting to prevent people from discovering the truth about a person's behavior or actions. For example, volunteering in the community or giving gifts to cover up destructive behavior done behind doors.

Faux Confusion/ Abusive Forgetting:

A form of manipulation where they appear confused or conveniently forget.

Partial Confessions To Distract From The Real Issue:

To distract or gain favor from the victim, an accountability partner, or a social circle by protecting oneself from actual consequences.

