

DARVO & Grey Rock ~ A Faith-Informed Guide for Clients

Understanding DARVO (Deny – Attack – Reverse Victim & Offender)

DARVO is a common pattern people may use when they do not want to take responsibility for harmful behavior. When you speak up about being hurt, the other person may try to confuse the situation and shift blame onto you.

How it can sound:

- Deny: “That never happened.”
- Attack: “You’re too sensitive.” / “You’re the problem.”
- Reverse Victim & Offender: “I’m the one being hurt by you.”

Why this is confusing:

- Sometimes you doubt your memory, feelings, or faith
- Might leave you feeling guilty for setting boundaries
- Keeps you stuck explaining/ defending

Faith perspective: God is a God of truth and light, not confusion (1 Corinthians 14:33). Feeling confused after these interactions does not mean you are weak or unloving. It may mean something unhealthy is happening.

Conclusion: Naming the pattern helps you step out of blame and into clarity.

Grey Rock Technique ~ A Boundary Tool for Difficult or Manipulative Relationships

Grey Rock is a way of responding that keeps you emotionally neutral and brief. It helps a person to respond without the type of energy that could contribute to the conflict. The goal is not to be rude or cold, but instead to self-protect (body, mind, spirit) and reduce ongoing conflict.

What it looks like:

- Short, factual responses
- No emotional explanations or debates
- Staying calm and steady

Examples:

- “Okay.”
- “I’m not available for that.”
- “I’ll get back to you.”

When it can help:

- When you must stay in contact (family, co-parenting, work)
- When conversations escalate or leave you feeling drained
- Demonstrates you are not avoiding the conflict or the person engaging with you.

Important Notes

- Grey Rock is not about fixing the relationship
- It does not require forgiveness or reconciliation to be effective
- If you feel unsafe, additional support and safety planning are important.

Faith perspective: Jesus often chose not to engage in manipulative or hostile questioning (Matthew 27:12–14). Instead, he modeled that silence or simplicity can be wise. Setting boundaries is not unloving. The Bible says to guard your heart (Proverbs 4:23) and to live in peace when possible (Romans 12:18).

- Both tools support truth, peace, and emotional protection while honoring your God-given worth.
- God does not ask you to endure ongoing harm in order to be faithful.