

# Union of Saints, Negative Identity Assignments, Labeling Abuse

## What is the new negative label of the week?

Form of abuse that often slips under the radar because it comes through **words and labels**, rather than physical harm. When people assign us negative labels or characteristics, they are engaging in a type of **psychological or emotional abuse**. This can take several forms:

### 1. Labeling Abuse / Negative Identity Assignment

- Someone reduces you to a single negative trait (“lazy,” “crazy,” “selfish”) instead of recognizing your complexity.
- It erases your individuality and makes the label feel like your identity.

### 2. Definitional Abuse

- Others try to *define who you are* in a way that benefits them or puts you down.
- Example: “You’re always the problem” or “You’re too sensitive.”

### 3. Character Assassination

- Deliberate attempts to damage your reputation by spreading negative labels or false descriptions.
- Example: gossiping or publicly framing you with a harmful identity.

### 4. Pathologizing

- Assigning a mental illness, defect, or dysfunction to you—even if it’s untrue.
- Example: “You must be bipolar” or “You’re psychotic” used as an insult.

### 5. Projection through Labeling

- Abusers assign *their own negative traits* to you.
- Example: A controlling person calls you “controlling.”

### 6. Stereotyping / Categorical Abuse

- Placing you in a fixed box based on gender, race, age, or other category.
- Example: “All women are...” or “People like you are always...”

### 7. Identity Erosion

- Over time, repeated negative labels chip away at how you see yourself.

- You may internalize the abuse and question your worth or reality.
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👉 "New negative label of the week" effect is especially manipulative. It keeps you on edge, constantly wondering ***what's wrong with me now?*** This shifting label tactic is a way to destabilize you, keep you doubting yourself, and reinforce the abuser's control.

*No thanks, labels! If we really want our society to heal, we must confront these abusive realities.*