Psychological Harm – Body Shaming, Cold War Tactic

When someone repeatedly comments on, criticizes, or polices another person's eating habits or body in a negative way, it can fall under several forms of psychological harm depending on context and intent.

1. Emotional / Psychological Abuse

If the comments are:

- Repeated

- Shaming or humiliating

- Meant to control

- Used to undermine confidence

Then it can be considered **emotional or psychological abuse**.

Examples:

- "You shouldn't be eating that."

- "No wonder you look like that."

- Monitoring what someone eats and criticizing them.

Over time, this can damage self-esteem and create anxiety around food.

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2. Body Shaming

When the focus is on weight, size, or appearance, it becomes **body shaming** — a form of verbal and emotional harm. Body shaming can contribute to:

- Disordered eating

- Body dysmorphia

- Depression

- Social withdrawal

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3. Controlling Behavior

If someone attempts to:

- Restrict what another person eats

- Enforce food rules

- Monitor food intake

- Punish or reward based on eating

This crosses into **coercive control**, which is a serious relational red flag.

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4. Projection or Insecurity-Based Criticism

Sometimes the behavior isn't strategic abuse but comes from:

- Their own disordered relationship with food

- Control issues

- Internalized shame

That doesn't make it harmless — but it helps explain motive versus intent.

Important Distinction

There *is* a difference between:

- Genuine medical concern expressed respectfully
  vs.

- Shaming, policing, or humiliating someone

Tone, pattern, and power dynamics matter.

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