

## **How Micro Abuses Lead to Macro Wars**

### **Union of Saints**

You set a boundary. They retaliate by verbally assaulting you, smearing you, and recruiting others against you through triangulation.

Racist. Nazi.

Micro abuses are small forms of harm. When combined with mass public verbal assault, they become macro abuses. There are micro abuses and there are macro abuses. Micro abuses may seem small, but they still cause harm. They can create severe stress, destabilize a person, and may even result in economic harm or poverty.

Mass assaults can completely destabilize someone. A person may feel forced to change their name, move away, and alter their life. This becomes a grand level of harm.

This is what we are dealing with in today's society and changing demographic landscape. Micro abuses that lead to macro abuses. Over time, this can develop into a cold war between individuals or groups. When people are not thinking clearly or acting in a healthy way, it can escalate further into physical violence, including assault or other forms of harm.

When group mentality takes over, people may form groups that target others and cause serious damage. These situations can involve daily acts of violence, including altercations, reckless harm, and ongoing conflict. Some of these events come from ignorance, while others are intentional and manipulative.

Even within the same group, harm can occur. People may turn on each other. Friends may target friends. Women may target women. Men may target men. These actions are all forms of violence that can build into greater harm.

When these behaviors are left unaddressed, they can grow into larger and more destructive patterns.

It is important to address these issues early before they escalate. If someone responds to a healthy boundary with verbal assault, those actions should be documented and reported when possible.

These behaviors should not be ignored or dismissed. We should not allow harmful actions to pass without accountability. Ignoring them can enable further harm, silence those affected, and reduce compassion for those experiencing these behaviors.

In summary, micro abuses can grow into large scale harm and should be addressed at the source.