

When Relationship Drama Crosses Into Abuse

Union of Saints

1. Manipulation

- Exaggerating, twisting your words, or resurfacing the past to make you feel guilty, ashamed, or insecure.
- Intent is to control or dominate your emotions.

2. Power & Control

- Frequent attempts to provoke, escalate, or shame you to influence your behavior.
- Using silent treatment, guilt-tripping, or threats to get their way.

3. Emotional Harm

- Causing persistent stress, anxiety, fear, or self-doubt.
- Even if it isn't physical, repeated patterns of emotional harm are abusive.

4. Boundary Violations

- Ignoring your requests for calm, respect, or privacy.
 - Refusing to take accountability while blaming you for the conflict.
-

Signs That Drama Is Abusive

- It happens **repeatedly**, not just once in a while.
 - You feel **walking on eggshells** or constantly anxious.
 - They **refuse to listen** or respect your boundaries.
 - They **use guilt, shame, or fear** to control you.
 - Conflicts **never get resolved**, and the “drama cycle” repeats endlessly.
-

Why This Matters

Even if someone says they “love” you or the behavior is framed as passion or emotional intensity, constant dramatization that harms your peace, self-esteem, or autonomy is **emotional abuse**. Recognizing it is the first step in protecting yourself.

How to Protect Yourself

1. **Set firm boundaries** – clearly state what is unacceptable.
2. **Detach emotionally** – recognize drama as their behavior, not your fault.
3. **Document patterns** – helps validate your experience if intervention is needed.
4. **Limit engagement when necessary** – sometimes silence or stepping away is protective.
5. **Seek support** – trusted friends, family, therapy, or advocacy groups can help validate and guide you.