

These Truths We Hold

“Bar Nun!” No Bow Conversations That Fall Below the Bar

The Normalization of Casual-Catty Verbal Abuse

If someone repeatedly calls another person a "BLANK," the chosen label can be used as a form of manipulation or abuse, depending on the context and intent.

Possible Abusive or Harmful Behaviors

Name Calling

- Using psychological labels as insults.
- Reducing a person to a diagnosis or stereotype.

Character Assassination

- Attacking a person's reputation rather than addressing specific behaviors.
- Portraying someone as fundamentally defective or malicious.

Psychological Labeling

- Assigning mental health labels without professional qualifications.
- Using labels to dismiss or invalidate someone's perspective.

Gaslighting

- Convincing others that the target's reactions, concerns, or memories are merely symptoms of an alleged personality disorder.
- Making the target question their own reality.

Smear Campaigns

- Repeatedly telling friends, family, coworkers, or community members that someone is a “blank.”
- Encouraging others to view the person through that label.

Projection

- Accusing another person of behaviors that the accuser may be displaying themselves.
- Shifting attention away from the accuser's conduct.

Defamation or False Accusation

- Publicly making serious psychological accusations without evidence.
- Presenting opinions as established facts.

Dehumanization

- Treating a person as a diagnosis rather than as an individual.
- Ignoring nuance, growth, or context.

Emotional Manipulation

- Using the label to win arguments.
- Silencing criticism by claiming any disagreement is "blank."

Weaponization of Mental Health Language

- Misusing therapeutic or psychological terminology as a social weapon.
- Turning clinical concepts into personal attacks.

A More Constructive Approach

A healthier approach is usually to describe specific behaviors rather than apply diagnostic labels. For example, instead of saying, "She's a blank," someone might say:

- "I felt manipulated when she denied our previous conversation."
- "I felt dismissed when my concerns were ignored."
- "I felt criticized rather than heard."
- "I felt pressured to agree instead of being allowed to express my perspective."

This keeps the discussion focused on observable conduct rather than unverified psychological diagnoses.

The Bar Nun Principle

Healthy conversations address actions, choices, words, and their impact. Conversations fall below the bar when they rely on labels, assumptions, insults, stereotypes, or amateur diagnoses instead of facts and observable behavior.

When in doubt, describe the conduct, not the person. Focus on what happened, how it affected you, and what boundaries or solutions may be appropriate moving forward. This approach promotes accountability, fairness, and respect for all involved.