

Abusers Don't Care Who Their Target Is

Beyond Identity and Status

- To an abuser, a victim's family, friends, career, education, and social standing are often irrelevant. The focus is on exerting power and control, not on who the victim is.

One important thing to understand about abusers is that they often do not care who their target is. In the moment, their focus is on their own emotions and on finding ways to hurt or control another person. Two of the primary underlying issues can include poor emotional regulation and a lack of social awareness or empathy.

Many abusive behaviors are driven by a desire for power and control. For some individuals, exerting dominance over another person may become psychologically reinforcing, creating a temporary sense of satisfaction, excitement, or emotional relief. While this experience may feel rewarding to the abuser, it comes at the expense of another person's safety, dignity, and well being.

~Cowdrey