

Union of Saints, They Know It Harms You, But Do It Anyways

When people know what hurts you or what you don't like and choose to do it anyway, that's generally considered a form of **emotional abuse** or **psychological manipulation**.

A few terms that can describe this behavior:

- **Emotional abuse** – deliberately causing emotional pain, often by targeting known vulnerabilities.
- **Psychological cruelty** – intentionally exploiting what hurts you to maintain control or inflict suffering.
- **Gaslighting (in some cases)** – if they also deny or twist the reality of what they're doing.
- **Boundary violation** – disrespecting your clearly communicated needs, limits, or dislikes.
- **Malicious compliance / intentional provocation** – doing something *because* they know it will bother you, often to assert dominance, test control, or destabilize your sense of peace.

At its root, this is **willful disregard for your well-being**. When repeated, it often shifts from inconsiderate behavior into a pattern of **abuse or coercive control**.

Here's a simple framework you can use to **name and recognize** when someone deliberately does what hurts you:

1. Awareness

- They **know** it hurts you or that you don't like it.
- You've **told them** or it's obvious from your reaction.

2. Intention

- They do it **anyway**—not out of accident, but choice.
 - Sometimes they do it specifically to **get a reaction** (control, dominance, or amusement).
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3. Pattern

- It's not a one-off slip; it becomes **repeated behavior**.
 - The cycle may look like: *harm* → *denial/minimization* → *repeat*.
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4. Impact

- You feel **disrespected** because your boundaries are ignored.
 - You may feel **unsteady, insecure, or unsafe** around them.
 - Over time, this can lead to **self-doubt** or **walking on eggshells**.
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5. Naming It

Depending on severity and frequency, this behavior can be described as:

- **Boundary violation** – ignoring your expressed limits.
 - **Intentional provocation** – doing it just to upset you.
 - **Psychological abuse** – a pattern of emotional harm.
 - **Coercive control** – if it's part of a larger system of dominance.
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Bottom line:

If someone knows what hurts you and *chooses* to do it, they are **disrespecting your boundaries**. Repeatedly, this is a form of **abuse**.