

## Girls Who Lash Out

Some individuals begin to see entire groups of people as the “enemy,” whether politically, socially, or spiritually. They may become deeply attached to a particular ideology and treat anyone with a differing opinion as morally wrong or deserving of ridicule. In these environments, hostility can become normalized and even celebrated, especially when it is reinforced by peers or online communities.

At times, this can create a culture where anger, humiliation, gossip, and emotional aggression are mistaken for empowerment. What once may have been ordinary gossip evolves into more destructive conversation patterns, encouraging division, cruelty, or even fantasies of retaliation and harm. Some people become drawn toward shock value or conflict because they believe it gives them attention, identity, or social influence.

Many individuals caught in this cycle are not entirely self aware. They may seek constant validation from others while struggling internally with insecurity, confusion, loneliness, or unresolved pain. They can appear charming, gentle, attractive, or emotionally expressive on the surface, while simultaneously carrying deep resentment or emotional volatility underneath. This contradiction often confuses the people around them.

In some cases, people become so immersed in performance, image, ideology, or rebellion that they lose touch with deeper reflection, accountability, humility, and genuine human connection. Rather than building meaningful relationships, interactions become centered around ego, attention, and social status.

Still, underneath the façade, many of these individuals are capable of growth, compassion, and healing. Sometimes what they need most is space, maturity, healthy boundaries, honest guidance, and genuine friendship from people who are grounded and emotionally balanced. Human beings are constantly evolving, and many eventually outgrow destructive social patterns once they begin to understand themselves more clearly.

Spiritual confusion can also play a role. Some people reject faith, tradition, or spiritual authority because they associate them with control, hypocrisy, or past wounds. Others may lean heavily into one aspect of identity while rejecting balance entirely. A healthier path often comes from recognizing that wisdom, compassion, strength, gentleness, accountability, and understanding can coexist together.

At the same time, abusive or harmful behavior should never be excused. Accountability, boundaries, emotional discipline, and personal responsibility remain important for everyone, regardless of ideology, gender, or background. Encouragement and compassion are valuable, but so is recognizing when someone is not yet in a healthy place personally or professionally.