

Someone Succeeds:
Their "Friend" Humbles Them Instead of Celebrates or Congratulates
Or Says Nothing ~ [Who Knows Why]
Toxic Relationships vs. Abusive Dynamics

Our alchemist warps us to fit their perception, rather than our true selves. Abuses like this are designed to make us mentally ill and to doubt ourselves, elevating the abusive persona while undermining US. Yuck. No, thank you.

◆ 1. Emotional Abuse

When someone deliberately humiliates, belittles, or undermines another person to lower their confidence or sense of worth.

Examples:

- Publicly embarrassing someone to "put them in their place"
- Mocking achievements
- Constantly pointing out flaws to shrink someone's confidence

If it's intentional and ongoing, that's emotional abuse.

◆ 2. Psychological Abuse

If the goal is to destabilize someone's self-image or create self-doubt, it moves into psychological abuse.

This can include:

- Undermining someone's competence
- Dismissing accomplishments
- Making them question whether they "deserve" confidence

When someone is systematically reduced to maintain power imbalance, that's psychological control.

◆ 3. Verbal Abuse

If it's done through insults, sarcasm, shaming, or contemptuous language.

Tone matters. Pattern matters. Power dynamic matters.

◆ 4. Social / Relational Aggression

If it happens in front of others to reduce status or social standing.

For example:

- “She needs to be taken down a peg.”
- Orchestrating subtle humiliation in group settings

This overlaps with bullying.

Important Distinction

There is a difference between:

- **Healthy accountability** (calling someone out respectfully when they're being harmful), and
- **Humiliation as control** (intentionally shrinking someone to feel superior).

The first is boundary-setting.

The second is dominance behavior.

The Core Question

Ask:

- Is the goal correction — or control?
- Is it done respectfully — or with contempt?
- Is it occasional — or a pattern?
- Does the target feel empowered — or diminished?

Most frequently, it is not for the best intentions for us, and off-color.

If you were missing a peg or two, may this church be your sword, high flying flag, and treasure.