

Emotional abuse is not less abusive than physical or sexual abuse.

In fact it is the core destructive component present in ALL abuse.

And unlike bruises, which heal and leave the body, emotional abuse roots its injury into our sense of self.

The most violent perpetrators often never lay a physical hand on their victims. They know that the most effective way to control someone is to emotionally degrade and disorient them.



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attachmentnerd I see so many people struggle to understand the pain and wound they have inside them as a result of a relational trauma. When an attachment figure (parent, caregiver, boyfriend, girlfriend, spouse etc) relates to us through dominance, it is deeply abusive.

Even if they never use physical force.

The idea that physical abuse is a "worse" abuse than emotional abuse is a false mythology that protects those who perpetrate and mystifies the reality for those who are being abused.

Those infected with an abusive mentality are not focused on harming others, they are focused on controlling others. This is accomplished by using emotional, verbal, physical and sexual tactics. ALL of those tactics are abusive. Unfortunately, not all of them are viewed as equal in our culture or in our laws.

The pain of emotional abuse is REAL. And you are not overreacting if it has been deeply wounding to you. Ask any survivor of physical and sexual abuse what hurt worse and was harder to heal, the physical aspects of the abuse? Or the emotional aspects? I promise you 99% of the time, it will be the relational and emotional aspects.

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