

25 Traits Of An Abuser

Behavioural profile of an abuser:

1. Charming

The abuser might be charming and romantic, showering praise, adoration, and attention; he/she expresses intense emotions and feelings for the victim and quickly pushes to get engaged or live together.

2. Jealousy

Beware – do not equate jealousy with love. The abuser will display extreme examples of jealousy and control over who the victim talks to or hangs out with.

3. Control

Controls decision making over finances, victim's "safety" and victim's freedom of movement and socialising.

4. Breaking Objects, Punching Walls

This is another form of control, punishment and manipulation intended to create fear in the victim.

5. Isolation

Isolates the victim from friends and family, accuses friends and family of trying to destroy the relationship.

6. Stereotypical Roles

The abuser will push and demand that stereotypical roles are enforced i.e. the woman must be submissive, is inferior and must serve the man.

7. Explosive Temper

Flies into rages with little or no provocation.

8. Alcohol and Drug Abuse

The abuse of drugs and alcohol further drives the abusive behaviour and sometimes becomes the excuse: "I was drunk...I won't drink anymore."

9. Insecurity

The abuser has poor self-image and despite violent outbursts and anger is extremely insecure.

10. Split Personality "Dr. Jekyll and Mr. Hyde"

Sweet, kind and thoughtful one moment, angry, moody and violent the next moment.

11. Push and Pull

Drives victim away, offers to do anything to get victim back – and repeats the abusive behaviour.

12. Demands Servitude and Worship

The abuser demands that the victim take care of all of his/her needs – emotional, psychological, physical and domestic chores.

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13. **Blame**

The abuser plays the victim and blames everyone else for his/her problems and reactions. “You make me hit you.”

14. **Victim**

The abuser blames others for his/her feelings: “You’re hurting me by not doing what I want.”

15. **Violent Conflict Resolution**

The abuser believes that the only way to resolve conflict is through violence, force and control. He often clearly states, “Women want to be dominated and controlled.”

16. **Uses Force**

When there is an argument, force will be used, even if it is not serious physical violence.

17. **Hypersensitive**

Beyond overreaction, the abuser takes everything personally and is easily insulted.

18. **Animal and Child Cruelty**

The way a person treats children and pets directly reflects the extreme level of his/her abusive behaviour in general and the inability to express compassion or empathy – sociopath/psychopath.

19. **Forceful and Submissive Sex**

The abuser demands sex regardless of the victim’s wishes or desires – even if the victim is ill. The sex is primarily submissive and may involve acts that restrain or make the victim helpless.

20. **Verbal abuse**

Judging, criticizing, condemning, humiliating or degrading the victim with cruel words.

21. **Verbal Threats and Threats of Violence**

“I’ll slap your face...I’ll kill you...I’ll break your neck...I’ll kill the children...etc.”

22. **Manipulation and control via criticism**

The abuser constantly destroys the victim’s self-esteem and self-image with criticism – “You are fat, ugly, stupid...no one else would want you. You should be thankful that I am with you...”

23. **History of Battering**

Has hit people in past relationships and blames them for the violence.

24. **Denial of Severity**

The abuser either denies that the physical violence occurred or states that it was not that serious or severe, and that the victim is overreacting.

25. **Violent Love**

The abuser justifies hitting and abusing the victim by saying “It’s because I love you and because I care and am so passionate that I act this way.” Violence is never an act of love.