WHY ARE PEOPLE ABUSIVE?

In order to be abusive, we consciously or unconsciously harbor these **Abusive Values:**

1. Believing that I can hurt or intimidate you or misuse my power or show contempt if I feel uncomfortable.
   
   "You shouldn’t have made me feel that way!"

2. Believing that I am inherently superior, i.e., that males or White people are superior, or that traits culturally associated with "the feminine" are inferior (no matter your gender expression), or that identities ‘unlike my own,’ are inferior, such as nonbinary gender expression, age, race, (dis)ability, LGBTQ, etc.
   
   "Don’t be such a whiny little bitch."

3. Believing that it is your job to accept me as I am, no matter what I do.
   
   "You knew who I was when we got together."
   
   "You knew what this job was like when you accepted it!"

4. Believing that I have the right to tear you down if you point out something about me that threatens my self-concept.
   
   "So you’re perfect?"
   
   "Who do you think you are, telling me?"
   
   "What about the way you...?"

5. Believing that you must celebrate me, my self-perceived strengths, my growth and change, and not mention how little I have actually changed.
   
   "All that was in the past. It’s over. I’m doing great and nothing is ever good enough for you! How long do I have to suffer because of one mistake?"

6. Believing that I can act disgusted and insulting and insulting if you point out significant things that I forget or do not know.
   
   "What the hell do you know about it, anyway?"

7. Believing that I can establish reality (fact patterns) to my liking.
   
   "No, that never happened. I never said that. You’re crazy."

8. Believing that I can be contemptuous or violent if you complain, because I should NEVER be answerable to you.
   
   "I don’t answer to you." "What did you say? Shut your mouth if you know what is good for you."

These values can be transformed to values of equity and respect!