

Abuses That Create Dependency

To maintain control and make sure their own emotional needs are considered supreme, an abuser will often try to create separation between the victim and his or her support people. They also employ other forms of emotional neglect, all with the goal (conscious or unconscious) of ensuring dependency.

Disputing Your Feelings

Telling you that's not really how you feel, or saying you are wrong for feeling that way

Controlling Communication

Ignoring your attempts to talk to them in person, by phone, or text, yet lashing out at you if you have boundaries

DeHumanizing

Looking away when you are talking or staring at something else when they speak to you

Limiting Socialization

Coming up with reasons you shouldn't go out, repeatedly texting you while you are away, demanding to know when you'll be back, and pressuring you for all details about what you said

Withholding Affection

Avoiding touching you, refusing sex to punish or manipulate

Disparaging Your Family

Trying to come between you and your family, speaking only negatively about them, refusing to come to family functions, and trying to prevent you from going

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Tuning You Out

Telling you that's not really how you feel, or saying you are wrong for feeling that way

Turning Others Against You

Ignoring your attempts to talk to them in person, by phone, or text, yet lashing out at you if you have boundaries

Interrupting

Coming up with reasons you shouldn't go out, repeatedly texting you while you are away, demanding to know when you'll be back, and pressuring you for all details about what you said

Demanding Respect

Avoiding touching you, refusing sex to punish or manipulate

Lack of Support

Looking away when you are talking or staring at something else when they speak to you

These tactics are often effective for the abuser, leading to a co-dependent situation in which the recipient of the abuse finds him or herself constantly reacting to the abuser's behavior instead of thinking independently.

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