

DID YOU KNOW...

If you feel that you've just witnessed a situation involving a person seemingly being abusive against another, but you're not certain, it is very likely you were meant to see what you saw and feel what you felt. It's also very likely that you were meant to see something very important and that there are several reasons why it took place:

- The situation the perpetrators or Emotional Abuse or Emotional Elder Abuse put you in, the bystander or witness, is meant to make you feel uncomfortable, frightened and very uncertain as to what to do. The perpetrator is counting on all of this.
- They like to create uncomfortable moments where they see people cringe out of embarrassment. And the fact that they're getting away with this overt display of "domestic violence" is also giving the perpetrator's ego a boost.
- These situations are meant to create the impression they are the victim and consequently destroy the victim's credibility and any chances that anyone will bother to listen to the true victim's pleas for help.
- These situations are meant to add another layer or dimension of fear and control over their victim.
- With regards to your feelings as a witness, the perpetrator is counting on the situation to give you an impression about the victim. No matter whom you are, whether you are a close relative, friend or complete stranger, in one split moment of time, the perpetrator has prepared for this moment very carefully and has prepared the "script" very carefully to mislead you about what you believe about the victim and what you are now going to believe about the victim.

It's Too Late When Uncertainty Sets In

In most cases, the uncertainty about what you think you saw will probably lead you to think about whether or not to do anything about what you saw and you'll probably end up thinking "I don't want to get involved", "This is a family matter and I don't want to interfere."

Unfortunately, you're not even thinking about what this moment probably really meant. You're probably talking yourself into believing "This probably didn't mean anything, right?"

You're wrong.

This scenario will likely repeat itself again and again for the victim over time, further emotionally harming the victim in ways one can't even imagine.

If you think that family should be handling this, please be certain that the family probably doesn't know what the victim is going through never mind whether they know what they've been witnessing or experiencing. They may also not, in fact, be able to help if the perpetrator has successfully isolated the victim from their family and friends. You may be the only one, including family, that has seen what you saw and who can do something about it.

There is also the fear of exposing oneself to someone who may be violently unbalanced. It's a matter of self-preservation which is quite natural. The courage to step out of our comfort zone and do something that may be risky is quite a courageous thing to do. Not many people trust their instincts enough to do so.

KNOW THIS:

The perpetrator is fully aware of all of this and is counting on what most people do in most situations, including family members: they do their best to avoid conflict and confrontations and they are counting on someone else to step in and do something. Unfortunately, if everyone is counting on that, then there won't be anyone that does step in.

UNDERSTANDING IS EMPOWERMENT

Excerpt from "The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All" by Gunta Krumins

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