

Signs of Emotionally Abusive Behavior



Learning Objectives

Identify self-involvement in emotionally abusive behaviors



Analyze issues related to abusive behavior



Reflecting on healthy behaviors and any abusive behavior possessed



Foster a truthful outlook and a desire to better oneself



Representing knowledge in the form of educational videos



Signs of Emotionally Abusive Behavior

01

Constant humiliation,
either in private or in
front of others

02

Emotional blackmail
through threats and
coercion

03

Feelings of
discomfort,
confusion,
frustration, and
anxiety during
interactions

04

Unrealistic
expectations
for us



Signs of Emotionally Abusive Behavior

05

Existence is not
considered or valued

06

Deliberately caused
commotion such as
arguments and
contradictory
statements

07

Acts of superiority
that undermine and
control our decisions



Knowing Yourself in an Abusive Situation

Emotional abuse often goes unnoticed by victims because its effects are not as visible as physical abuse.

Recognizing an individual's involvement in abuse will help abusive behaviors to overcome the negative effects and avoid the behavior.



Definition of Healthy Behavior



“An individual's ability to assertively convey feelings and experiences, empathize, appreciate, communicate openly, and provide support to others.”

~University of Colorado Boulder (2023)

Characteristics of Healthy Behavior



Openness and trust towards others, while maintaining personal boundaries



Respect, listen, understand, and support one another



Assertive communication and conflict resolution skills, and respect for differing opinions



Act without coercion and give support to others

ABUSIVE BEHAVIOR

Absence of empathy

Feels superior and has no desire to address conflict and poor behavior

Desires complete control without considering others' conditions

VS

HEALTHY BEHAVIOR

Act based on empathy

Motivation to develop and improve both conditions and undesirable behavior

Engaging with self and others to respect and support each other

How to Develop Healthy Behavior

Build a commitment to understanding and acting on others' conditions

Speak assertively and listen to the other person, and resolve conflicts cooperatively



Respect the boundaries and privacy of others

Reflect on actions towards others and learn from mistakes

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

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