Signs of Emotionally Abusive Behavior



Learning Objectives

Identify selfinvolvement 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









Constant humiliation, either in private or in front of others

Emotional blackmail through threats and coercion

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

Unrealistic expectations for us











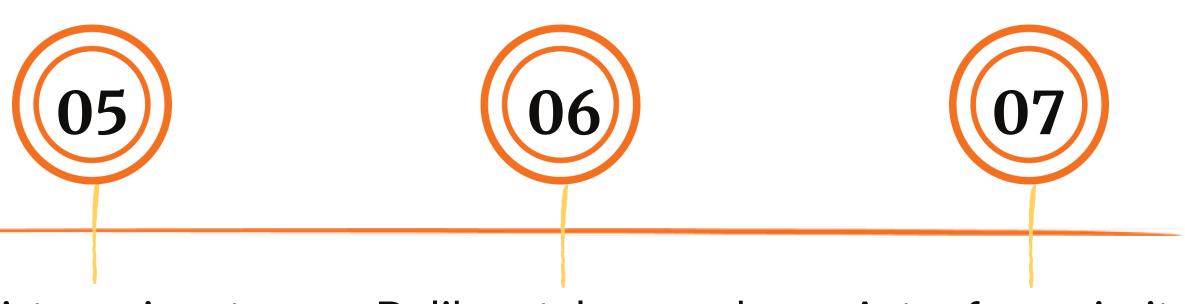








Signs of Emotionally Abusive Behavior



Existence is not considered or valued

Deliberately caused commotion such as arguments and contradictory statements

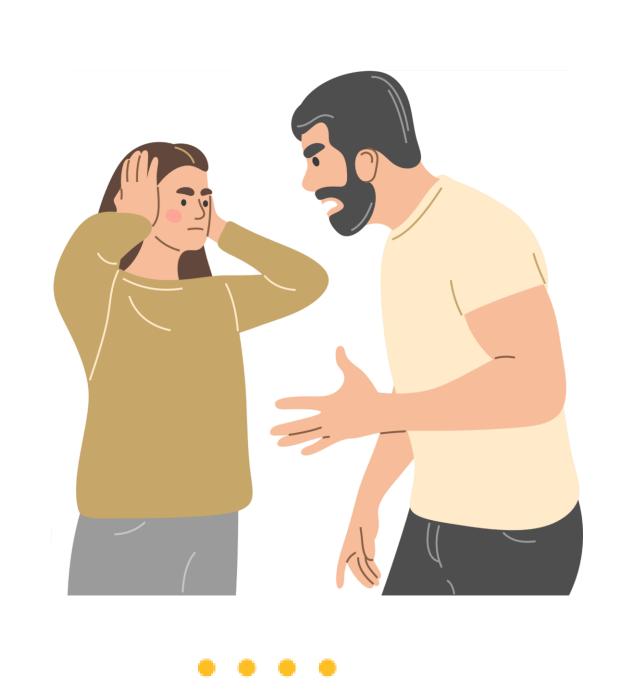
Acts of superiority that undermine and control our decisions



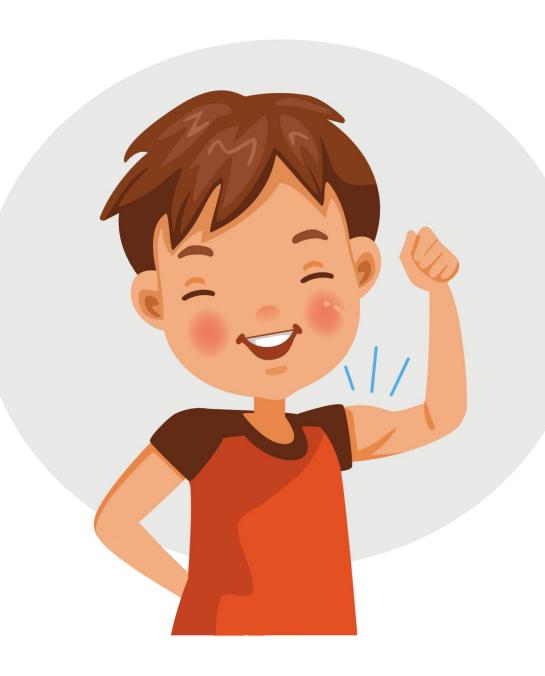
Knowing Yourself in an Abusive Situation

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.

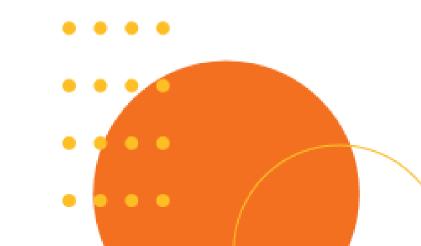






"An individual's ability to assertively convey feelings and experiences, empathize, appreciate, communicate openly, and provide support to others."

~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



HEALTHY BEHAVIOR

Act based on empathy

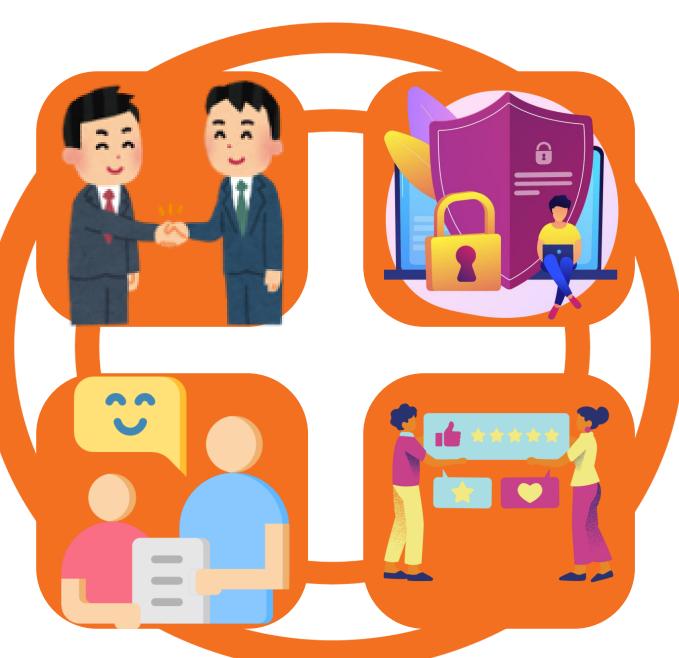
Motivation to develop and improve both conditions and undesirable behavior

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



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)



















