

## THE ICEBERG ANALOGY

Double Abuse® Allows All Forms Of Original Abuse To Remain In Place



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## Double Abuse

Double Abuse Upholds All Forms of Original Abuse

**Apathy** - A benign or disinterested response sends the message that one is not invested in caring about the victim's plight.

**Ultimatums** - Asking questions or making statements like, "We demand that you enter couple therapy within 30 days or we will no longer allow you to be part of this group."

**Placing Conditions** - This can look or sound like, "If you don't leave your partner, I cannot talk to you any longer or help you."

**Pulling Away** - A family member, friend, or responder pulls away from the victim rather than listening well or helping the victim find appropriate resources.

**Shunning** - When the victim is wrongly judged and subsequently abandoned by others. Forced isolation is very traumatizing and the last thing a victim needs to navigate out of their trauma.

**Blaming, Judging, and Criticizing** - Each of these behaviors stops the process of helping victims and instead significantly traumatizes them leading them to a place of hopelessness and despair.

**Limiting Scope of Conversation** - When a conversation is controlled or limited, it can quickly silence and shut down the one who is opening up. An example of this would be if a family member, friend, or responder is unwilling to accept or value the victim's perspective. When a responder limits the scope of the conversation, they power over the victim and communicate the message that the victim's perspective does not matter.

**Setting Boundaries to Serve Personal Comfort Level** - This can look like not allowing the victim to grieve or feel down, thinking that silencing the victim and refusing to engage will help them "get over it," which is actually damaging toxic positivity.

**Giving Unrequested Advice** - So often responders think they have to fix the problem when what is really needed is space and time to process the experience with someone safe and caring. When responders interrupt victims or redirect the conversation with pointed and leading questions or unrequested advice the victim's anxiety increases substantially. Spiking anxiety in a victim also spikes trauma symptoms.

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