

THE FIVE PILLARS OF ABUSE



Entitlement

Expectation of preferential treatment, double standards, or rewards regardless of merit, or others' needs or well-being.

Image Management

Efforts to protect one's own image to uphold social status and norms, including undermining others to accomplish this goal.

Faulty Belief System

Moralistic judgments based on limited knowledge, family system or social bias causing oppression of others.

Low Emotional IQ

Limited awareness of one's own emotions and disinterest in others' emotions, resulting in controlling behavior, lack of empathy, and defensiveness.



Double Abuse® is a type of harm that takes place when a victim finally finds the courage to speak up or reach out for help. Rather than receive support, the victim is not believed or is minimized, criticized, judged, blamed, and/or ostracized by their family, friends, faith community, or an institution.

When one experiences Double Abuse, a fifth pillar is added:

Preferential Treatment (Cultural, Prejudicial or Hierarchical)

When one expects, or others provide, preferential treatment to the culpable because of their shared societal viewpoints, status, proximity to one's social circle, and/or leadership or power within a group or institutional setting.

