

Abusive Values

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“I can hurt or intimidate you if I feel uncomfortable.”

- **Believing that I am inherently superior; or that one gender expression, on race or ethnicity, one ability, one age-range, etc. is superior; or that traits associated with “femininity” are inferior.**

“You shouldn’t have made me feel that way!”

“Don’t be such a whiny little bitch!”

- **Believing it is another person’s job to accept me as I am, no matter what I do.**

“You knew who I was when we got together.”

“You knew what this job was when you took it.”

- **Believing I have the right to tear you down if you point something out about me that threatens my self-concept**

“Who do you think you are, telling me?”

- **Believing you must celebrate my growth and not mention how little I have changed**

“All that was in the past. It’s over. I’m doing great, and nothing is ever good enough for you!

How long do I have to suffer because of one mistake?”

- **Believing I can act disgusted, insulted, or insulting if you point out something that I forget or that I do not know**

“What the hell do you know about it anyway?”

- **Believing that I can establish REALITY (fact patterns) to my liking**

“No, that never happened. I never said that. You’re crazy!”

- **Believing that I should never be answerable to you, so that I may be retaliatory, violent, and/or intimidating if you complain**

“I don’t answer to you.”

“What did you say? Shut your mouth if you know what is good for you.”



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