

Title:

Hate the Abuser, not the Abused!

Word Count:

1211

Summary:

The shame that is felt by an abused person is so deep that it takes years to unfold, then years

Keywords:

Women, woman, esteem, self, confidence, jealous, issues, help, child, free, abuse, sexuality, beauty, ugly

Article Body:

Abuse is the most horrible attempt at power that I have ever researched! This is why:

The shame that is felt by an abused person is so deep that it takes years to unfold, then years

Definition of Shame: "the painful feeling arising from the consciousness of something dishonouring

An abused person can turn their guilt towards their abuser to free themselves of that horrible

Most abuse victims do not understand that it is not their physical self that has undergone the

I really want to stress here that the abuser made sure that you are in a NO WIN situation and

Many victims will seek out professional help. Some victims wait until they have already tried

A very important thing that all abused victims should HEAR me say is that your abuser has put

The abuser will use any tricks to corner its prey, such as coercion, weapons, surprise attacks

Victims of abuse go through many different emotions through out their existence, after the abuse

- Think only negative
- Think with two minds
- Be quick to assume outcomes
- They are constantly comparing themselves to others and usually putting themselves down
- They feel sorrowful for everyone around them, continue to nurture a resentment emotion, feel the need to always be holding someone responsible for their pain or vice-verse
- They allow low self-esteem to control them, thinking that in some way if they keep themselves

Shame is a very controlling emotion. It's an emotion that your mind can rid itself of. You must

Now, separate that hate from the hate that you feel for yourself. Scream at the hate that you

Build your self-esteem so that you can stomp out your fears, anxieties, and anger. I will look

\*\*\*\*\*

"Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and think loves you in return. It is estimated that approximately 3 million incidents of domestic violence are reported each year in the United States."

-Dianne Feinstein

\*\*\*\*\*

"Child abuse casts a shadow the length of a lifetime."

-Herbert Ward

Dorothy Lafrinere

Owner/Operater

Website- <http://www.womensselfesteem.com>

Weblog- <http://www.justblogme.com/Dorothy>

Forum- <http://womensselfesteem.proboards29.com>

email- [dorothy@womensselfesteem.com](mailto:dorothy@womensselfesteem.com)

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>