

HOW TO RECOGNIZE  
**THE BEHAVIORAL TRAITS OF ABUSERS**  
AND THE FEAR THEY CREATE





- MISSION STATEMENT -

# STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention Team are for self-help educational purposes to manage and decrease stress caused by current and future man-made and natural events. We recognize that an important aspect of stress reduction is to restore individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.

# - THE FEAR EPIDEMIC -

# THE BEHAVIORAL TRAITS OF

# ABUSERS

**We recommend you review all 7 parts in this series, in sequence:**

Part 1: The 4 Paradigms of Control Created by Abusers

Part 2: Personal Sovereignty

Part 3: The Behavioral Traits of Abusers

Part 4: Parallels Between the Handling of the Pandemic and Abusive Behaviors

Part 5: How to Break Away from Abusers

Part 6: Reducing Stress Response by Changing Your Thoughts

Part 7: Reducing Stress Response by Using HeartMath

“The Fear Epidemic” training modules are designed to simplify the struggle between good and evil into very clear personal terms. Simply put "the evil" has used abusive behaviors to keep us in fear. Fear is a powerful tool that abusers use to hide the truth and destroy our emotional sovereignty. Emotional sovereignty is an important part of our overall preparedness. This series addresses how to understand abusers and how to control our emotional and mental responses to them so we maintain our emotional sovereignty.

**The two core principles of this training series are:**

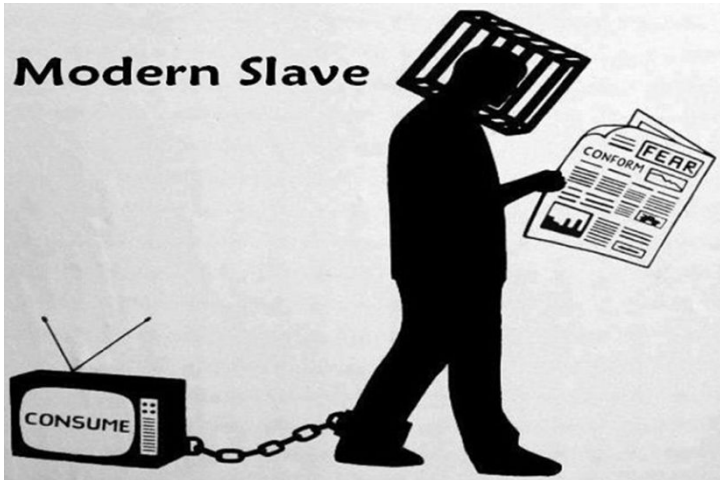
1. You are a sovereign being (no one owns you) and
2. We all live in a world with far too much abuse, designed to instill fear.

# Summary of Key Points



- **Fear** affects us mentally, emotionally and physically.
- In order to stop the fear epidemic we have to recognize how to identify behaviors of abusers so we can take control of our own emotions and thoughts.
- With this understanding, you can remain in your own sovereignty and work with others to stop the fear epidemic and maintain resilient communities.
- When you learn to identify traits of abusers you will recognize when you are observing an abuser and abusive situations.
- Once you know how to identify abusive behaviors you will be less likely to be manipulated by attempts to make you afraid.
- This game of fear has been perfected over centuries and is deeply engrained in people's psyche. So, it

# WHAT IS AN EMOTIONALLY ABUSIVE RELATIONSHIP?



- An abusive relationship is established when a person or a group of people attempt to control or harm others through methods of deception, intimidation, removing support networks, preventing dissenting information, creating self doubt, and various other means of control to produce a state of *chronic fear*.
- Any abuse is a criminal act and most abusers can be diagnosed with narcissistic personality disorder, psychopathic personality disorder, sociopathic personality disorder and in some cases other severe psychiatric disorders.
- **Abusers need to be identified and treated for their mental disorders and held accountable for their criminal behaviors.**

# BEHAVIORS OF ABUSERS



Notice the words used  
**"Battle for the Soul"**.

*Battle = Attack*

*. . . an attack on your personal sovereignty*

- Abuse can be verbal, emotional and/or physical.
- Abusers use fear to control others so victims are put in a defensive position instead of being in a sovereign position.
- Many victims do not realize they are in an abusive relationship.
- Abusers use verbal threats and threats of violence.
- Abusers act offended if challenged and use emotional labeling and belittling language to control others.
- Abusers do not accept responsibility for their actions.
- Abusers blame emotional discomfort on the victim.
- Abusers isolate their victims from others by limiting social contact

# BEHAVIORS OF ABUSERS

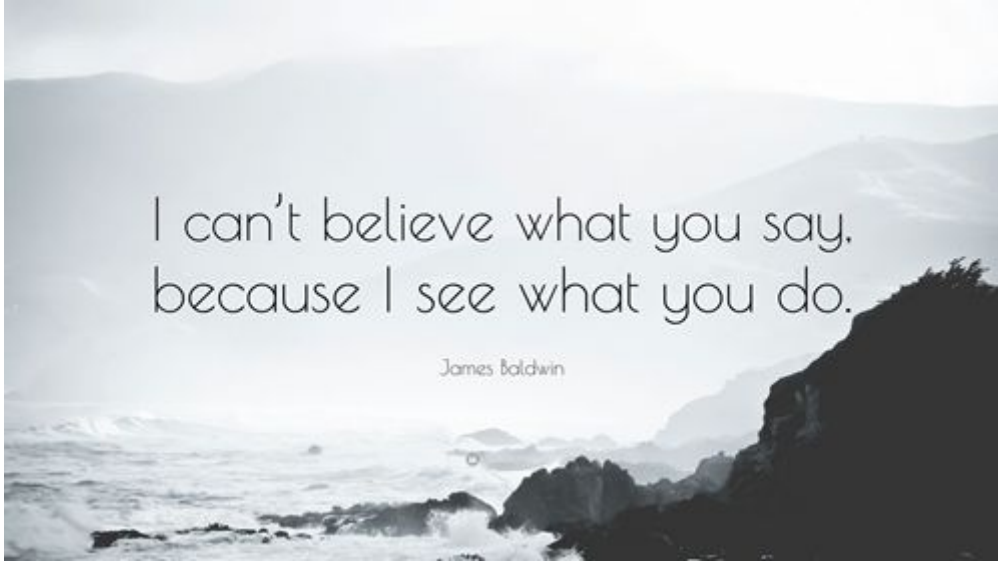
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- Abusers are often charming.
- Abusers are often intelligent and project an air of authority.
- Abusers use their intelligence and charm to create and maintain an illusion that they are entitled to be in control of others and that the rules do not apply to them.
- The goal of abusers is to convince others that they are not sovereign and that control should be surrendered to the abuser.

# BEHAVIORS OF ABUSERS

(continued)



I can't believe what you say,  
because I see what you do.

James Baldwin

- Abusers limit information their victim's have access to because they fear the truth.
- Abusers will not allow consideration of alternative points of view.
- The abuser often says and does confusing things and then convinces the victim to suspend logic because only the abuser knows the truth of what is best.
- Abusers distort facts and state mistruths (lie).



# HOW TO RECOGNIZE AN ABUSIVE RELATIONSHIP



- Pay attention to whether the abuser's behaviors and words match up. In other words, are promises kept? Is the message consistent?
- Is the behavior demanded of you the same as what the abuser does or is there a different set of rules for the abuser?
- Does the abuser's message conflict with what other respected sources are telling you?
- How do you feel in the relationship? Do you feel calm and at peace or on edge?

# HOW TO RECOGNIZE AN ABUSIVE RELATIONSHIP

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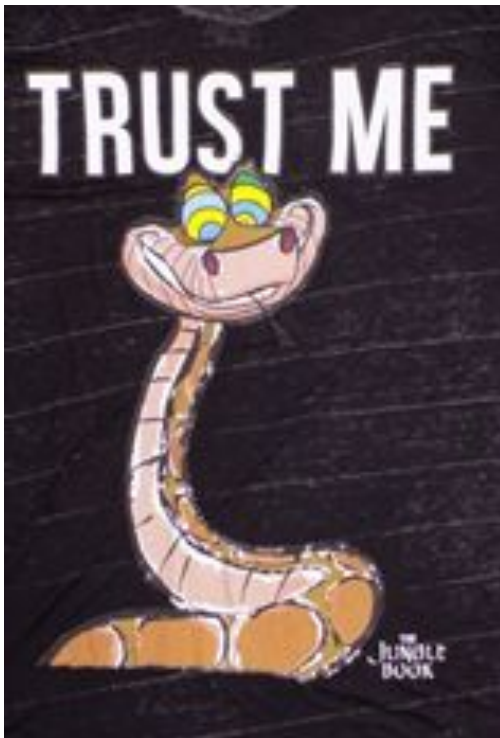
- Are the rules constantly changing?
- Are you being given conflicting messages that leave you confused?
- Are you constantly being told that you are unable to determine what is best for you?
- Are you being spoken to in a demeaning or disrespectful way?
- Are you being told you need to give up your freedoms in some way?

# HOW TO RECOGNIZE AN ABUSIVE RELATIONSHIP

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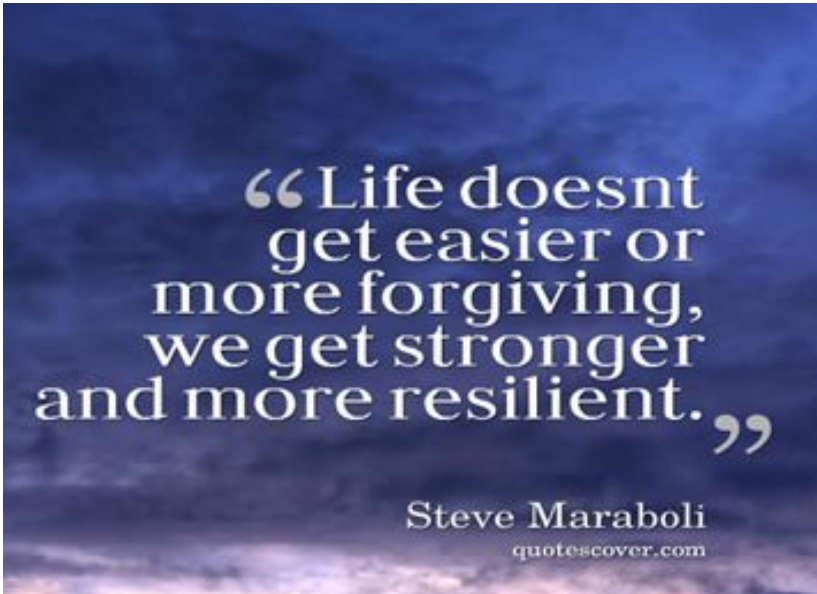
## IMPORTANT QUESTIONS FOR YOU

- Are the consequences of the abuser's actions helpful or harmful to you and others?
- Are you being threatened with violence or punishment for not agreeing with the abuser?
- Are you being told that others can't be trusted?
- Are you being told that only the abuser has the solution to your problem?
- Do you often feel confused and anxious?



# REMEMBER . . .

- ANY TYPE OF ABUSE IS HARMFUL TO YOU
- THERE'S NO JUSTIFICATION FOR ANY TYPE OF ABUSE



- If you answer 'yes' to any of the questions on the previous slide, you are in an abusive relationship.
- When you understand how to identify abusive behaviors, you can better analyze and evaluate current events in today's world.
- Recognize and respond appropriately to abuse as it occurs.