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Introduction

1 Thessalonians 5:15, See that no one repays evil for evil to anyone, but always pursue what is good for one another and for all.

Wouldn't it be great if everyone always did that? When that ideal isn't met, there are often dangerous situations, which result. Abusive behavior is one of the most difficult types of behavior to correct, because, many times, it is more of an attitude than behavior. The behavior is simply a result of an attitude, often instilled from birth in an individual, and he or she knows no other type of behavior.

This book contains two parts. Part One is for the abuser to show him or her how their behavior is damaging others, and also how he or she can change that behavior. Part Two is for the abused person to show him or her how to stay out of an abusive situation, and also how to get out of an abusive situation once in it.

Part One: The Abuser

Characteristics of the Abusive Person

1. The need to feel important.

Philippians 2:3, Do nothing from selfishness or conceit, but in humility consider others as more important than yourselves.

Romans 12:3, For by the grace given to me, I say to everyone among you not to think more highly of himself than he ought to think, but to think sensibly, as God has allotted to each a measure of faith.

Many abusive persons have been belittled, beaten down, ridiculed, and even ignored for most of their lives. They have a burning compulsion to rise above what they have been led to believe they were. The problem is that they often don't do this in a healthy manner. Instead, they attempt to show themselves better than others. The result is that they end up doing to others exactly what had been done to them and often even more.

Proverbs 13:10, Arrogance leads to nothing but strife, but wisdom is gained by those who take advice.

Proverbs 15:25, The LORD destroys the house of the proud, but He protects the widow's territory.

Philippians 2:1-6, ¹ If then there is any encouragement in Christ, if any consolation of love, if any fellowship with the Spirit, if any affection and

compassion, ² make my joy complete by being of the same mind, having the same love, being of one mind and purpose. ³ Do nothing from selfishness or conceit, but in humility consider others as more important than yourselves. ⁴ do not look out for your own interests, but also for the interests of others. ⁵ Have this attitude in yourselves which was also in Christ Jesus, ⁶ who, existing in the form of God, did not consider equality with God a thing to be grasped

Proverbs 12:9, Better to be dishonored, yet have a servant, than to act important but have no food.

2. The need to be in control of everyone and everything about them

The treatment that an abuser received as a child will also result in a need to control as he or she have been controlled. They do this through loud shouting, name-calling, and threats. They seek to control the schedule, activities, thoughts, decisions, or feelings of those around them.

An abusive person usually has a lack of self-esteem and a distrust of God. Their inability to take the blame causes them to either blame the person they are abusing or even God. Whoever gets in the way when their feelings of inadequacy overwhelm them suffers. They that they simply “have to strike out” at someone or something.

Trust is a major factor involved here, too. Since they were never trusted, they not only can't trust others, but they can't trust themselves either. They must be in control of everything that goes on around them.

Romans 12:10, Be devoted to one another in brotherly love. Honor one another in honor above yourselves.

Romans 12:18, If possible, as far as it depends on you, be at peace with all men.

1 Peter 3:7, Likewise, husbands, live with your wives with understanding, as with someone weaker, since she is a woman showing her honor as a fellow heir of the grace of life, so that your prayers will not be hindered.

3. The abuser was probably a victim of abuse.

This is especially true of men who physically and verbally abuse their own families. They only know of one way to treat those around them. It was taught to them from early childhood.

4. They usually have a great amount of stress.

There are many contributing factors that cause stress to buildup in an individual. Some of these factors are jobs, weight, health, physical appearance, or general lot in life.