

More than ever the psychological insidious abuse through domestic violence needs to be recognised as dangerous if not more dangerous than the bruises and cuts. The gas lighting and the control over your mind can drive people to end their lives. The unravelling and provoking and baiting from someone who you think loves you and wants the best for you. But will drive crazy when you are sat with them in a car, then later deny the recklessness in their driving. Will state "I didn't say that" in front of people and you begin to question your own memory and ultimately your sanity. If this abuse is prolonged the perpetrator will succeed in dismantling the victims sense of self and autonomy and will look more and more to their groomer for validation. This will come in waves a little positive enforcement followed by days of negative behaviour which leaves the victim literally begging what they did wrong and trying to rectify the good times again. Anything can be controlled, intimacy, finances, freedom, ability to work. These people who cause this damage know exactly what they are doing, yet to the outside world they are the persona of charm, grace, kindness, helpfulness. But they demand control and power and at times have targeted someone right from the start for their money, energy and ability to be a people pleaser. Often these victims have already come from families where their sense of self was abused. When someone commits suicide it's always oh this person must have been depressed, but how do we know what was going on in their private life around an abuser. There are predators out there who do this for a living, they destroy lives. Even if the trauma doesn't take you out, the realisation that you were played from the very beginning of the relationship can take only therapy and EMDR and help for CPTSD to begin to recover. The damage is profound. And people around see no bruises or cuts, but the damage is psychological, it is traumatic, causing night terrors, and dissociation. Of course it kills it is the most evil form of abuse and control under the disguise of love. This happened to me and I came very close to suicide. It is too much to understand without much support and dv counselling and a specialist psychologist who knows about covert narcissism and the dark triad. Police don't understand – like [REDACTED] [REDACTED] - she was unregulated and looked 'crazy' and was apologising, whilst the abuser was calm, cool and calculated. Training needs to be provided into this style of suicide and abuse. The psychological damage can destroy and you see the smirk from the predator who knows exactly what they are doing and when you see this your life as you thought is destroyed and you need to be so strong to handle that this abuse was deliberate!, calculated, premeditated. This is a lot for anyone to recover from and I can see why many do not survive and their story is never heard and the predator states 'they were depressed for a long time' – whilst they gain the life insurance and the house and within weeks start up a new relationship. I would love to train in sensing an abuser, they are very discreet, very polished, very practised in their charm and manipulation. It takes a very perceptive and investigative person to truly differentiate who actually is the abuser and who is the victim as the victim is often at the end of their tether and highly manic, not sleeping, being kept awake, not eating well and appear to the outside world as 'unwell' when in fact their life is being dissected by a parasite, an insidious, evil draining the life force out of a person. It is horrific.