

Hitting Below the Belt



B

BELITTLING

- Makes one feel smaller, inadequate.
- "You never do anything right!" "You never listen!"
- Attacks self-esteem and promotes shame.



E

EXPLODING

- Creates a feeling of fear and danger.
- Loud voice, standing, slamming fists.
- Wants to win by intimidation, not cooperation.



L

LABELING

- Reduces a complex person to one demeaning identity.
- "Loser," "liar," "lazy." Even if they are TRUE, name-calling crosses the line.
- Labels leave scars.



T

THREATENING

- Presents another's viewpoint in the worst possible light.
- Predicts a disastrous outcome, threatens divorce.
- Destroys a sense of security.