



## CONSEQUENCES OF PSYCHOLOGICAL VIOLENCE

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### Annotation

This article discusses the fact that victims of psychological and physical violence are often victims of economic violence, i.e. they cannot find the funds to escape the situation they are in and receive free psychological assistance at counters and women's listening centers. are analyzed.

**Keywords:** psychological and physical violence, self-confidence, psychological, social, discriminatory, psychological attack.

It is very important to make internal changes at the same time as self-protection, with the help of a psychologist or psychotherapist who can help you achieve the constant changes, self-confidence and the right to exist . Violence is an escalation, before the transition to physical violence it always starts with psychological violence and can only help you professionally.

The first psychological attacks are directed against a person's identity: the victim is redefined by the executioner as "stupid, stupid, insane, and all sorts of bad words"; another tactic is to encourage the victim to no longer believe their imaginations and feelings, "you imagined it, it never happened".

Using guilt, threats, insults, and the devaluation of others 'skills to undo it. They aggravate the victim and alienate them from friends and family. They control the victim by embarrassing him or her with his or her beliefs and passions, humiliating him or her, and killing him or her.

All of these behaviors cause the victim to lose self-confidence, not to report or rebel, and to see themselves as incompetent, a real existential disaster!

In this case, it is important to reconnect with the truth and tell the psychologist about the situations you have experienced in order to rediscover your identity.

To neutralize these types of psychological attacks, it is very important to believe in yourself and stay true to your truth.

Victims of psychological and physical violence are often victims of economic violence, i.e. they cannot find the funds to escape the situation they are facing, it is important to know that free self-defense courses ( learn about your hometown!) and free psychological help at counters and women's listening centers!

Constant psychological violence by a partner has many consequences:

1. The main consequence of suffering from emotional abuse by a partner is a loss of self-esteem and self-confidence. Over time, it is common to underestimate or disrespect a person who has been abused. If the abuse continues and is not stopped, the person who has suffered from such violence may find it a good thing that the partner is discriminating against them and treating them badly.
2. Psychological violence causes a person to cling to their world and move away from the circle of closest family and friends. Loneliness enters the life of the abused person and they have almost no contact with other people.
3. It is common for a person who has been emotionally abused by their spouse to suffer from

depression. Confidence and self-esteem are seen in their absence, which leads to a lack of motivation to live.

4. Emotional ups and downs are common in psychological violence, which ends with translation in anxiety and stress problems. These problems gradually damage the emotional health of the abused person, leading to all sorts of evils.

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