

CONFRONTING AND OVERCOMING THE EFFECTS, PATTERNS, AND CONSEQUENCES OF ABUSE

Abuse is evil.

When we are abused, we feel the effects of someone controlling our lives against our will that damages and hurts us. No one has the right to shame, belittle, guilt, hit, hurt, lie, deceive, or scare another. We can gain power back over our lives from abusers by learning to recognize, acknowledge, and understand the presence and nature of abuse.

Abuse can have lasting consequences.

Besides the immediate hurt, abuse can leave us believing things about ourselves that are not true. These falsehoods are inserted into us against our will. We carry these lies with us until they are corrected. The lies of abuse can be triggered in us whenever conditions in our waking life match the situations we were initially abused in.

We can find peace from abuse.

Do what is necessary to take responsibility to undo and prevent its persisting effects. Learn the truths that supplant the lies that contradict what we have been taught. Remove the influences that engender and cultivate abusive conditions in our lives.

Some false beliefs are more destructive than others.

The most sinister false beliefs appear as counterfeit sources of value that mimic or pretend to take the place of our true value. These lies may provide a quick shot of fleeting pleasure, but never actually deliver on real lasting joy. These counterfeits can be addictive, and have decreasing utility over time. Until we stop seeking value in these false and deceptive places, we will struggle to maintain belief in our infinite intrinsic value.

Our natural state of being is growth.

If you struggle with or noticed you are not growing in otherwise expected ways, you may be living with the effects of trauma from abuse. Once we remove the false beliefs and dysfunctions, we will naturally begin to grow again.

RECOGNIZING ABUSE

Signs of Abuse

Anxiety is often a byproduct of abuse.

While they may not be aware of its cause, the abused often live with recurring anxiety. It can seemingly come out of nowhere and leave us feeling unable to move forward.

Anger can be a sign of abuse.

Anger is often overlooked as a sign of abuse because usually we have feelings of guilt surrounding the expression of anger. Anger at its heart is fear.

Persistent spirit of fear can be a consequence of abuse.

Fear is often the companion of the abused due to either conditioning or just a driving motivation to desperately chase safety and security.

Complacency for ones own feelings is a common consequence of abuse.

The abused often have become so accustomed to persistent negative feelings that they assume its just a part of their personality. They even may rationalize to themselves that it is not abuse when confronted with the possibility.

Over-reliance on others can be a result of abusive conditioning.

Sometimes the abuser conditions the abused in certain ways that leave them unhealthily dependent on them. Rather than prepare the abused to face the world with strength, they build into them the need to rely on the abuser for their needs. They neglect to teach them the necessary skills in order to prepare them to become their best self. These patterns usually carry over into other relationships.

Dependency on appetites can be a result of medicating the resultant pain of abuse.

The abused often find solace in the feelings produced by external substances, perceptions, or sensations. These can provide a temporary aura of freedom and release from the immediate consequences of abuse by temporarily tapping the pleasure centers of the brain.

Numbness can result from long term abuse.

Over time, abused people often become accustomed to their pain; while it still hurts, there's a kind of numbness that often sets in that can often cause the abused to easily overlook their plight.

Denial is often a condition the abused use to temper their pain.

Sometimes the abused require enduring an extreme situation where they experience intense pain before they can admit to themselves that what they are experiencing is abuse.

Abuse is coercion.

Abuse is be defined as whenever someone coerces our motivation, our body, our mind, or our feelings. Abusers can attempt our use feelings to influence, control, or brow beat us. Abusers also may lie, intimidate us through physical harm, or awaken fear in us in order to weaken our motivation. All of these are evil.

Recognize if you have been abused.

Pain is not the status quo. Recurring mental pain is the most recognizable manifestation of abuse.

The pain from abuse can persist for many years. If you can get to the bottom or root of the abuse, you can get rid of the pain. You can have the source of your pain removed even if it has been with you for many years, even decades.

Additional Manifestations of Abuse

Being an “empath” is actually the consequence of trauma.

When a child is subjected to abuse, often it causes the child to carefully examine or scrutinize the body language of their abuser in order to avoid experiencing further hurt. This leads to the child developing the ability to recognize more quickly or readily what others are feeling. Sometimes the child even thinks this behavior is normal, and can be expected.

Hyper-awareness or hyper-vigilance is a trauma response.

Being in a constant state of fight or flight is the result of ongoing stimuli, similar to an animal being stalked by a predator. This condition causes us to be on constant guard, and hyper aware of our abusers' body language in order to avoid being hurt.

People pleasing is a trauma response.

While we may be smiling, in reality people-pleasing is the act of trying to manage someone else's feelings in order to protect ourselves from further harm.

Nice-guy syndrome is also a trauma response.

It is at its foundation, being a “nice guy” is fear-based. It is the act of trying to manage the feelings of others so that we feel safe. When we play the role of the nice guy, we are assuming accountability for and acting to police the feelings of others in order to make ourselves feel safer.

Self-loathing or self-hating thoughts can be a residual sign of abuse.

Often when we don't defend ourselves from abusive people, we then abuse ourselves in order to motivate ourselves to take initiative in the abusive situation.

Inability to maintain healthy relationships can be a sign of past or present abuse.

When we anticipate being hurt due to years of being hurt, we can project those expectations onto those around us even if they have not done anything to deserve it. Fear of abuse can lead us to believe we are not safe. Often if we don't feel safe we can act preemptively to protect ourselves. These actions may actually be abusive to those we assume we are protecting ourselves from.

The consequences of abuse are worse than you think.

It's not just abuse that is bad, and must be stopped. It's that the abuse leaves behind that must be removed if we are to stop the cycle and find peace in our lives. Abuse convinces us against our will of things that are not true. We are left with these programs in our subconscious to play out. These false beliefs enter into our subconscious against our will. These programs or circuits cause us dysfunction and hurt, and can be reawakened whenever a similar or somewhat familiar situation to the initial abuse occurs in our lives.

ACKNOWLEDGING ABUSE

Once you recognize abuse, it is important to acknowledge it.

Give it a name. Call it what it is. Giving it a name will give you power. When it has a name, it is easier to resist; you are less likely to enable the pattern to continue if you can see the problem. When someone abuses you, confront it and call it what it is. Often this alone will motivate the abuser to question their behavior.

Going to see a professional psychologist can be a helpful step.

in strengthening our ability to acknowledge abuse. Seeing a profession can be a very difficult step for those who have been abused for a lengthy period of time, but professionals can provide much needed perspective so that can help you accept painful truths that you have been taught to ignore or disregard.

UNDERSTANDING ABUSE

Coercion or abuse is the vector whereby false beliefs are delivered into us.

Coercion is the metaphorical syringe whereby false beliefs are injected into us and which play out inside us against our will.

Worthlessness is the ultimate false belief.

False beliefs can take on a lot of different shapes. We can be convinced of many different ideas which are false.

All false beliefs triangulate or can be boiled down to a single false belief: that of our ultimate worthlessness as individuals.

We must discover each of our false beliefs and their source

if we are to find peace. False beliefs manifest as mental pain. We can recognize false beliefs in us through our fears and negative emotions.

When we believe we are worthless, we still will seek our value, but in the wrong places.

This usually leads to further dysfunction. We must stop placing our value in places that will never lead to that end if we are to find peace. We will never be satisfied or feel valuable unless we find our value in the only place it can be found: from above and from within.

We must learn the truth.

We must not only recognize and remove the false beliefs of abuse, but we must learn the positive truths that replace the false things we have been taught to believe. When we know what is true, the truth flows in to replace it as we remove the lies. There are important truths that can bolster and protect us against being possessed by falsehoods in the future.

We as individuals have a distinctive stewardship.

Our stewardship includes our spirit, our body, our mind, and our emotions. These four areas are the fundamental units, personalities, or parts of our being. Our choices and actions in the world correspond to one or more of these four elements. Optimally these elements function in concert w one another. When we have been abused, often individual elements are isolated, unhealthily relied upon, and dysfunctional. Often one element or another can be completely neglected and weak. As we get healthy, these elements will develop and fall back into place.

Abuse is, by definition, when someone imposes on our rightful stewardship against our will.

Another word for abuse is coercion. When we coerce, we are abusing, whether we are doing it to others, or to ourselves.

Satan is the archetypal coercer.

In the biblical account, the devil's plan was to force all creation to follow his will in opposition to the plan of God. Whether we have religious belief or not, we symbolically act as agents or angels of Satan when we coerce.

Coercion is always wrong and always evil. It is never okay.

As a tool of the devil, coercion is wrong. One cannot use the devil's tools to do God's work. If the devil is coercion, then God is love and choice. We don't have to believe in God in order to act symbolically as his agents by choosing to never coerce or abuse another.

There are four types of coercion: Spiritual, physical, intellectual, and emotional.
All abuse can be categorized under one of these four areas.

Spiritual abuse can also be described as motivational coercion.

Our spirit is the part of us where our motivations originate or stem from. Whether we feel love or fear, this comes from our spirit; our motivating purpose is derived from our spirits. When we attempt to use fear or other means to influence the motivation of others, we are spiritually coercing them. Our motivation is an important part of our stewardship. When others use fear to influence our drive, they are abusing our right to maintain the forces that drive us in the pursuit of our goals.

Sexual behavior can also be spiritually or motivationally coercive.

if we make commitments physiologically that are not also reflected or shared by our partner. When our relationships are backed up legally, we are less likely to be susceptible to believing things about our relationships that are not necessarily true.

Physical abuse is a well known type of coercion.

Harming or influencing another's body against their will is a type of coercion we must avoid.

When we lie to ourselves or to others, we are intellectually abusing them.

We twist and warp the nature of reality when we do so. Intellectual abuse is when untruths are imposed on us against our will. Knowing things as they are, were, and will be is part of our right and stewardship. As children of God, we have a right and affinity for all truth. When we lie or are lied to, reality is warped around us and it leaves us susceptible to false beliefs.

Emotional abuse is emotional coercion.

This is when we use feelings in order to bully, influence, shame, or use the feelings of others in order to get them to do what we want.

It is our responsibility to watch over and protect our stewardship.

If we don't take responsibility to take care of our stewardship, suffering results. We have a right to set boundaries on those who would influence us against our will.

SEEK TO UNDO THE EFFECTS OF ABUSE

We must remove existing false beliefs within ourselves that have resulted from abuse or coercion if we desire peace.

While the abuse in our lives may have stopped, we still can be saddled with the consequences of false beliefs for years. These false beliefs eventually can work themselves out over time, but until they do, they manifest as faulty programs in our lives. They act like evil spirits acting up inside us whenever we have situations that cause us to remember what we were taught; when we are triggered, they take hold. False beliefs resulting from abuse are the source of many dysfunctions and mental anguish in those who suffer with mental health issues.

There are clinical ways to remove false beliefs.

EMDR is one method. FBP is another. Talk therapy is another. There are many ways to address and remove false beliefs. It is not only important to remove falsehoods, but to learn the truths that replace them.

False beliefs can be overcome relatively quickly.

There is hope. Through research and experimentation, reliable protocols have been created that assist abuse victims to overcome the false beliefs they have been saddled with. Through a combination of bilateral stimulation, the recognition of and presencing of the lasting effects of the abuse, and the establishment and teaching of replacement truths, your false beliefs can be quickly corrected with a trusted facilitator's help.

These techniques are designed to strengthen you to be able to undo and remove false beliefs through your own mindfulness.

Vulnerability, trust, and understanding are important elements in establishing inner strength to uproot and overcome one's false beliefs.

LEARN THE TRUTHS THAT SUPPLANT THE LIES

We need to learn truth, not just remove abuse or trauma.

Once we remove false beliefs, the true principles can will flow in to replace the bad ones, but we must know the truth first.

We have infinite intrinsic value.

Our value was determined before we were born in a place we have no control over. we have infinite value and boundless potential. God determined our value before we were even born. We cannot change the fact that we are infinitely valuable. we may believe we are worthless, but it isn't true; we aren't even in charge of our actual value. it was determined in a place and time outside of our power and control.

The subtle danger of abuse.

While we cannot change our value, we can believe lies that then influence our behavior. We can believe we are worthless and live with the consequences as if we are. This is the ultimate danger of abuse; that we are convinced of and act out as if we are worthless. We can perpetuate this belief in worthlessness if we then in our misery abuse others.

We can abuse ourselves.

Sometimes conscientious people can find a fair measure of success in avoiding to pass on abuse to others. Often these individuals are unaware that they are still susceptible to being abusive, but unwittingly it is just to themselves.

We are not our abuse.

But we must take ownership for when the darkness has gotten inside.

Change must come from within.

We must be the one to act on our own behalf if we are to find relief from suffering from abuse. If we are to grow, it is essential that we do it freely, without coercion.

Sometimes we wish to help others overcome abuse, but they do not recognize it. Being a good example and loving them sometimes is the best way to help them. When they are ready, they will come to those they trust for answers and solutions and understanding.

No pain we experience is lost.

Sometimes we suffer for years before seeking for help. Sometimes the abuse we have endured has taught us things that leave us lost and disoriented. When we finally seek for help, we may feel sad and wasted. No experience is lost. Everything you go through provides you perspective and experience. The deeper the hurt, the more profound the understanding. Your suffering has not been a waste. One day if you can confront your abuse, it is possible that you might have the opportunity to use your suffering as fuel for an even greater source of personal satisfaction and joy.

Our actions do not determine our value.

If we allow our value to be determined by our actions, as soon as the action stops, we no longer have value. So implicitly this means we are actually believing that we are already worthless.

We must defend and protect our stewardship if we are to have peace.

Our motivations, our time, our bodies, our thoughts and understanding of the world, and our feelings are important aspects of our stewardship. Know your stewardship allows you to better protect it. We must do something when others step on or impose on our stewardship. We should not allow others to impose on our stewardship against our will.

We must be accountable.

We have a responsibility to maintain and protect our stewardship. We must do whatever we can to stop others from coercing us. When we don't, we become subject to false beliefs. These false beliefs lead to dysfunction and mental pain. These beliefs must then be worked through, discovered, and removed if we are to have peace and rest. accountability is simply the embodiment of truth in our thoughts, motivations, actions, and feelings. we will find the greatest peace when we are the most accountable.

Even our abusers have intrinsic value.

Abuse is evil, and boundaries are essential for our safety. Individuals must be held accountable for their abusive behavior. However we must acknowledge that even our abusers have infinite intrinsic value, otherwise we implicitly are believing inside ourselves that intrinsic value (our own included) might be tied to behavior.

REMOVE THE SOURCES OF ABUSE

It is imperative to learn to listen to your feelings.

Abused individuals often have been conditioned to ignore their own feelings. Abuser often use gaslighting to convince the abused that their own sense of reality is not to be relied upon. When seeking to overcome the effects of abuse, it is important that we begin to learn to listen and regard our own feelings.

Signs of dysfunction: long lasting pain.

It is not always easy to recognize unhealthy mental patterns in yourself. In the words of Jordan Peterson, he states that if you have painful memories that persist for longer than 18 months, it is an indication that your body is telling you that there is something you haven't learned that is currently unresolved in your past.

Don't coerce yourself.

There are enough people out there willing to abuse and hurt you. don't make things infinitely worse by joining in on your dysfunction! shaming yourself, taking counsel from fear are two common ways of coercing yourself.

We must also recognize and remove all the forms and types of coercion
so that false beliefs will stop being actively injected into us. Coercion can take many forms. Fear is a pernicious and virulent kind of coercion. Shame, belittlement, and guilt are another kind of coercion. Lies are embodied coercion. Physical violence can be a particularly easily recognized kind of coercion.

Get your own house in order first.

Sometimes our boundaries are misinterpreted by others as abuse. This is not your responsibility. You must do whatever is necessary to protect yourself. It is not your responsibility to police or service the interpretation of your actions by others. Your first and only responsibility is to yourself.

We must also learn to defend ourselves and prevent against future abuses.

It is our responsibility to be accountable and establish boundaries with those who would act upon us in abusive ways. If we don't, we will begin to resent ourselves and might be tempted to become our own private abuser.

Learn to set boundaries.

Boundaries help us to protect ourselves from abuse. they also help us avoid having to deal with false beliefs that can halt or stymie our growth and development. if we get abused, these ideas can persist for decades. it is our responsibility to do what is necessary in order to prevent ourselves from being subjected to false beliefs imposed by others. we must first removed the false beliefs and then prevent the continued imposition of false beliefs if we are to maintain personal peace.

Resentment is a sign of crossed boundaries.

If you feel resentful, you can know for a fact that you can do a better job of protecting yourself.

Don't shame or humiliate yourself.

Shame as a verb is emotional abuse, which is when our feelings are used to browbeat or control us. by allowing ourselves to be influenced like this, we are being coerced. coercion is the means whereby false beliefs enter our hearts. false beliefs leave us susceptible to misery and mental pain, and self-destructive behavior.

Don't lie.

Lying warps reality around you and prevents accountability. it is abusing the stewardship of those you are deceiving through your untruths.

Don't take council from fear.

Fear is self coercion. fear is false revelation from evil spirits about what shall be. but by heeding it, we actually help to bring that dark future about.

Anxiety and fear can be helpful red flags.

Whenever you feel fear, you can know you are being coerced, therefore you can examine your thoughts and at the bottom, there is a false belief that you need to

overcome. If you pull on that thread, you may discover very valuable information about yourself.

Fear is always evil.

Preparation and readiness are not the same as fear. We may experience fear, but we should never listen to it. It leads to false beliefs.

Fear is what amounts to false revelation from an evil spirit telling us what shall be, but in believing what it says, we inevitably bring about that dark future. It's like a virus. It's one thing to be abused or coerced by another, but a whole twisted other thing to be coerced from within. This is why fear is a crafty, evil influence that must be recognized for what it is, confronted and defeated within ourselves. Otherwise we can become the source of our own false beliefs.

Anxiety is fear.

Fear is coercion of the self.

Anger at its root is actually fear.

Fear is coercion of the self. Coercion injects false beliefs.

Basically anger is tantamount to the belief that we are worthless. We should remove the source of anger or have or set better boundaries for ourselves.

Anger is your body's natural consequence for being hurt.

It is screaming to protect you. You can harness it to provide you the energy to help you to establish boundaries. Anger and resentment are good in the short term in order to help us be safe. They canker our souls if we don't use them for good. Setting boundaries allows you to feel safe enough to be able to forgive and let go of the resentment.

Fear must be confronted.

We must root out fear if we are to be free of the dark unseen and malevolent influences that seem to persistently haunt us, especially those who have been abused in the past.

Learn to remove fears from yourself.

If you stop and realize what you are feeling, that of the feelings of fear, then remember that fear is coercion, and that coercion plants false beliefs. Then examine your mind to figure out what the fear is trying to cause you to believe about yourself, you can systematically undo the effects of countless abuses from your past. The most common source of false beliefs is delivered by fear. Fear is self coercion. Coercion is the syringe whereby we are convinced of beliefs about ourselves against our will.

HALTING OUR PURSUIT OF COUNTERFEIT VALUE

When we believe we are worthless, we still seek our value in other less fruitful places.

Belief in ones worthlessness is one of the underlying causes of so many mental health dysfunctions.

Pursuing our value in the wrong place

can manifest as co-dependency, anger, narcissism, people-pleasing or nice-guy syndrome, addiction, perfectionism, and many other toxic and painful traits. They all starts with us being convinced that we are worthless. We then seek to find our value elsewhere; even if we believe in our lack of worth, we still seek to feel valuable. We turn to anything that makes us feel good or pleasurable.

We must recognize when we are incorrectly seeking our value in the wrong places and stop doing it.

We can be deceived into thinking that we will find our value externally. This pattern can prevent us from finding our own true source of value, and can even lead to us perpetuating abuse in the lives of others.

We can mistakenly place our value in things.

Objects, behaviors, relationships, beliefs, motivations, power; almost anything can be a horcrux and unnaturally invested with our value. When this happens, our value becomes susceptible to being destroyed. We then become protective of that thing. We attempt to protect the external thing possessed of our value from being hurt by others. And once that thing gets destroyed, our value is destroyed. We falsely believe that our value has been hurt, and we blame the one who destroyed the object on our lack of value. We have been deceived into defending a lie, we cut off these relationships, and the fear, the hurt, and the loneliness in us grows.

But our value should never have been placed in the thing to begin with because as we have learned, our value is intrinsic, and immutable, and cannot be changed.

Our value cannot be truly found in the physical world.

Our value originates from a higher place than the four dimensional, physical world. Value is comes from a spiritual or five dimensional plane. Five dimensional truths cannot be determined or dependent on four dimensional reality.

When we place our value in things, we call it a horcrux.

In the book series, *Harry Potter*, the main villain places pieces of his soul into objects in order to maintain his life force. We do essentially the same thing when we mistakenly seek to place our value in things. When we seek to find our value outside of ourselves, we effectively are making a personal horcrux.

Horcruxes are unnatural and self-destructive.

Our value was already determined before we were born. Our value cannot actually be placed in things. But we can be deceived into thinking our value lies outside ourselves. Abuse implicitly convinces us that we can and ought to look outside of ourselves to find our value.

When the objects hypothetically possessing our value are damaged, we can be convinced of and feel real pain in our souls. We can make horcruxes out of almost an infinite number of things.

Our value can be incorrectly placed in the approval of others.

When I was young, I was conditioned to believe that my value was determined by whether or not my mom loved me. When she would withdraw her love from me when she was angry, I then became worthless. If value can be withdrawn dependent on behavior, then by default, it means we are inherently worthless.

We can falsely seek our value in our goodness.

Religious perfectionism is another description of looking for our value in the rightness of our choices.

We can falsely seek our value in our physical bodies.

We can falsely seek our value in the attention we receive from the opposite sex. When we crave for validation and attention from others in order to make ourselves feel better about ourselves, we may be horcruxing our looks. We are implicitly believing that our value is derived from others' approval, and that we are deep inside, otherwise worthless.

We can inappropriately place our value in our worthiness.

Worthiness does not equal value. While behavior can lead to distinct blessings in our lives, these good choices must not be equated with our intrinsic value. otherwise we are susceptible to believing the falsehood that our infinite value can be tied and undone by our behavior.

Using Mindfulness Principles to Deal with Specific Situations

INFIDELITY

We can falsely place our value in our ability to maintain relationships.

Sometimes we may experience the abuse of infidelity. In our pain, we may be tempted to deride our abuser as worthless. Choices have consequences, but choices do not make us worthless. We have infinite intrinsic value.

When we believe our abusers to be worthless, we imply that his or her value is tied to their actions. We then are more likely to become possessed ourselves of the idea that if we are faithful in our next relationship, we will maintain our valuable. We are effectively creating a horcrux of our ability to be faithful, and therefore become even more rooted in the belief that we are worthless.

ADDICTION

Addiction is the result of medicating the pain from residual false beliefs of abuse.

It is an attempt at dulling an underlying background noise of hurt from unmet false beliefs resulting from trauma. The use of the substance is an attempt at addressing and reduce this pain.

Substance abuse is not a permanent solution.

It is a temporary answer that shrinks in its effectiveness the more we use it.

If we can resolve the abuse and underlying false beliefs causing the pain, we may be able resolve the appetite of addiction.

Getting high is good, healthy, and useful if we get it from a sustainable source.

We are designed to get high, but from sustainable sources. It is also useful to replace the addiction with other sources of dopamine. Discovering ones life purpose, exploring interests, and developing creative instincts can be very helpful and healthy natural highs that might be able to compete with artificial sources of value.

NARCISSISM

Narcissism is when someone refuses or is unable to be accountable for their false beliefs and instead chooses to extract their supposed value by abusing others.

They willfully militate against the stewardship of others, insisting on coercing them in order to provide for themselves an externalized perceived source of value. As value must be found within and above in order to be deep and lasting, they will never accomplish their goal, rather being provided ever shrinking margins of satisfaction from the liquification and objectification of others. In the process they destroy the peace of those around them and drive away any health individuals who might have otherwise been the best means of helping us.

Narcissism destructive, but is especially toxic to an abused person

if they have been taught to find their value in the approval of others or in their ability to be good. Narcissist take advantage of the abused by using them contrary to nature as a source of their own value. Like a battery, narcissists will drain the abused dry in pursuit of their own warped needs without regards to the truth.

The solution to narcissism.

Get your own house in order. Take care of your own needs as an abused person before concerning yourself with the needs of others. Remove any sources of coercion. Do what is necessary to undo false beliefs. Establish boundaries.

Sometimes the best and only kind of love we can show someone is a consequence.

We cannot always help through speaking words. Sometimes consequences are the only message a person will listen to. You have no obligation to teach anyone if your own needs haven't been met. Get your own house in order before concerning yourself with others.

Sometimes harsh consequences are needed to combat abuse in cases of ongoing narcissism; when the narcissist has been deceived to this point, consequences can be the only teacher.

PROBLEMS EXITING AN ABUSIVE RELATIONSHIP

Genuine love is unconditional.

Love is not love that alters when alteration finds. Love does not change. If someone truly loves us, our boundaries we believe we need will not change that love.

Love is a verb, not just a feeling.

If you haven't learned to love yourself unconditionally, you can't unconditionally love someone else. You can try, but you will fail. People that love us want the best for us, even if they disagree with our choices.

Does this person actually love us?

When we abuse, we demonstrate that we are unable to actually love someone. It is easier to have boundaries when we know that someone doesn't actually love us unconditionally. Those who love us will not coerce us.

There is a difference between trying to love and succeeding at loving.

Many relationships are attempts at loving, but never actually succeed. If someone hasn't learned to love themselves, they are not in a position to be able to truly love another.

The way we treat someone implies what it is we value.

If "love" is withdrawn for bad behavior, then it is conditional feeling. It is not actually love, but changing sentiment.

We can have boundaries and still love someone.

In fact, proper boundaries are essential for love to flourish. Love is not a blanket license. Love is self respect. Love is believing in and behaving as if the other person has infinite intrinsic value.