

Part 1

Part One: Take a few minutes to imagine an abuser. What do they look like? What physical characteristics come to mind? How old are they? What is their gender? What is their race and ethnicity? How do they make you feel? In at least one paragraph answer these questions and discuss how it felt to do this exercise.

Part Two: Whether or not you work in this population directly, you will most likely encounter an abuser at some point in your lifetime. How would you feel about working with an abuser? Would you take a job working with abusers? Why or why not? What would be the challenges for you if you had to work with an abuser? Are there professional and personal benefits to working with abusers? Please explain your answers. Write at least one paragraph responding to these questions.

Part 2

Part One: Take a moment to imagine emotional abuse. What does it look like, sound like, feel like in your mind. Name three emotions it brings up for you. When you think about someone being emotionally abused what do you think of. When you think of someone being emotionally abused what do you think of. In at least one paragraph, discuss your answers to these questions. There is no right or wrong answer. This is only about your personal thoughts and feelings. Do not discuss the experiences of victims or abusers from their point of view. This is not about what information you have on the subject. It is about tuning into your own personal gut reactions to these questions.

Part Two:

Gaslighting: A form of psychological and emotional manipulation in which someone attempts to make you question your own perceptions, memories, judgments, and thoughts. Abusers use

gaslighting to change their victim's understanding of the abusers actions, words, and motives so that the victim believes that what they experienced did not happen or that what happened is their fault. Gaslighting can affect a person's self-esteem and self-worth, and can cause the victim to question their mental health.

For this part of your post, please look up gaslighting. (I will send you a link to a google document that has some visual aids for gaslighting. You are welcome to use them on the social media page.) Once you have looked it up, write at least one paragraph in which you 1) in your own words give an example of gaslighting, and 2) discuss your response to gaslighting. Do you notice any similarities between the description of gaslighting and relationships you've witnessed or heard about? Are there any movies, tv shows, books, songs, etc. that this reminded you of?