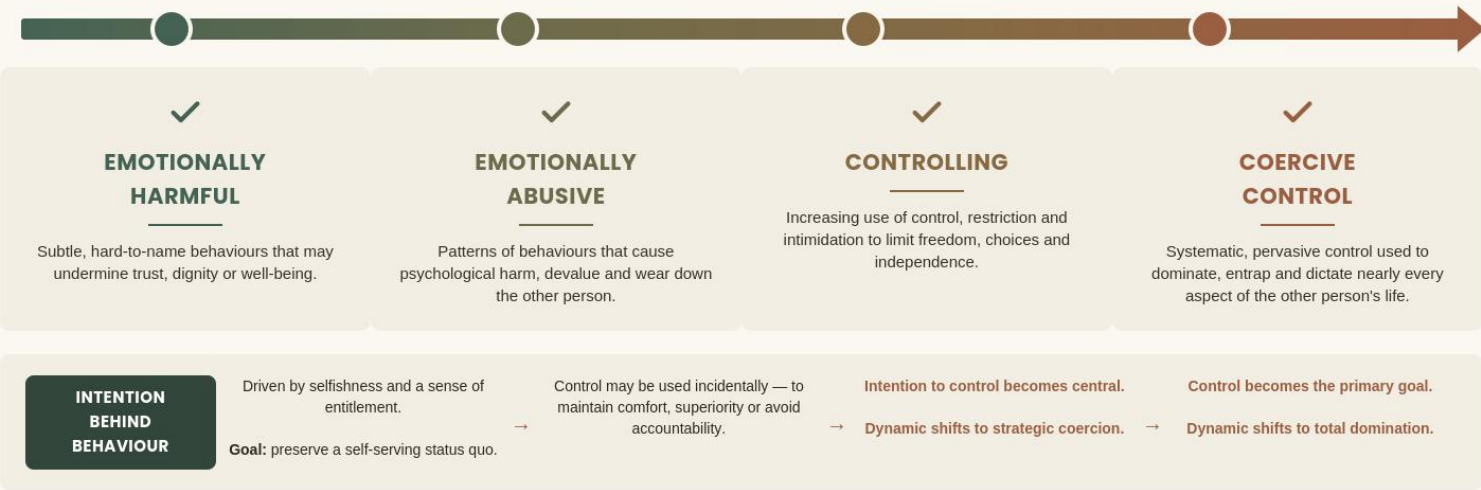


Emotional Abuse Exists on a Spectrum

Emotional abuse exists on a spectrum, from subtle, hard-to-name behaviours to overt and chronic patterns of control. At the lower end of the continuum, emotionally harmful behaviours are often driven by selfishness and a sense of entitlement. The goal is not necessarily explicit control, but rather the preservation of a self-serving status quo. In these cases, control may be used incidentally as a way to maintain a sense of entitlement, a comfortable position in the relationship, and avoid accountability.

THE SPECTRUM OF EMOTIONAL ABUSE



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As the emotional abuse progresses toward the middle and severe end of the spectrum, the intention to control becomes central. The dynamic shifts from entitlement to strategic coercion, and ultimately, to total domination.