

# Iceberg of Abusive Behaviors

**10%  
(We See)**

**Abusers can appear to act, look and dress normal.**

***However***

- **May act impatient, agitated, aggressive, manipulative, lack empathy**
- **Jealous, controlling, blaming, explosive temper, sarcastic, selfish**

**90%  
(We don't see)**

- **Unresolved issues**
- **Witnessed abuse from a parent**
- **Witness a parent BEING abused**
- **Abused themselves**
- **Not safe to share their feelings**
- **Role models may have had addictions**
- **Unhealthy coping skills**
- **Grieving a loss**
- **Bullied**
- **No control at home, so they have a need to control**
- **Anguish**
- **Past relationships**
- **Fear (control based)**
- **No trust**
- **Abandonment issues**
- **Anxiety**
- **Depression and stress**
- **Too serious (high expectations of self)**
- **Suicidal thoughts**
- **Addictions**
- **Family secrets**
- **Sexual abuse**
- **Controlling parents**
- **Do not know where to go for help**
- **Financial issues**
- **Mental health issues**
- **Religious upbringing**
- **Resentments**
- **Hate to self/others**
- **Guilt**