

This is the wake up call

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=LVWVGcUVEAS](https://www.youtube.com/watch?v=LVWVGcUVEAS)
<https://www.youtube.com/watch?v=lvWVgcUVEAs>

SUMMARY

Abuse in relationships often stems from unhealed emotional wounds within both victims and perpetrators. This internal damage can lead individuals to either tolerate abuse or perpetuate it, highlighting the need for personal healing rather than blame.

- Both victims and perpetrators of abuse are often driven by unhealed emotional issues.*
- Victims may stay in abusive relationships due to a desire to heal or save the abuser.*
- Perpetrators may inflict abuse as a means to cope with their own inner damage and lack of connection.*
- Objectification and dehumanization of the victim are common behaviors in perpetrators.*
- Healing is essential for both parties to break the cycle of abuse.*
- Instead of blaming each other, individuals should focus on their own healing journeys.*
- Recognizing internal damage can serve as a wake-up call for personal growth.*

this is the reason why you may be a victim of abuse or why you may be a perpetrator of abuse the reason why we stay in relationships where there is abuse period whether you're on the victim side or perpetrator is one reason only you are not in a place of healing if you are a victim and you are allow the abuse to continue There is an

unhealed part of you that is perhaps trying to heal the other or there's a part of you that looks at it as your mission to be a savior maybe there's an unhealed part of you that wants the other person to approve of you or to be the good guy if you are on the perpetrator side of it there is an unhealed part of you that allows the abuse to continue on your end because you are are damaged you are unable to

connect to another human being because you are objectifying that person dehumanizing them and getting something for you to fill your own inner lack getting your supply from the other so either way if there's abuse it's because of inside damage so instead of blaming the other instead of accusing the other take it as your sign to wake up and heal h