

SOME EXCUSES AND JUSTIFICATIONS FOR BEING CONTROLLING, ABUSIVE, AND VIOLENT WITH WOMEN AND OTHERS

There are a many reasons that men choose to become controlling, abusive, and even violent with their partners and others. The list below highlights some of the many excuses that men have offered in the past to avoid taking clear responsibility for what they have thought, said, or done with their partners and children.

JUSTIFICATIONS FOR EMOTIONAL, VERBAL, AND PHYSICAL ABUSE AND OTHER CONTROLLING AND DISRESPECTFUL BEHAVIORS:

- ***IT'S THE WAY I WAS RAISED***

- ...It's the only way I know*

- ...My father(mother) was abusive with me and with my brothers and sisters*

- ...It's because of my upbringing*

- ...It's the way I was treated when I was a kid*

- ...That's what my father/mother did to me and my sibs*

- ...What I do isn't nearly as bad as what my father/mother did to me*

- ***SHE MADE ME DO IT/IT'S HER FAULT THAT SOMETHING BAD HAPPENED***

- ...She just keeps "pushing my buttons"*

- ... She knows exactly what to do to "get me going"*

- ...She pissed me off*

- ...She had an "attitude"*

- ... She made me angry*

- ...She just pushed me too hard(too far)*

- ...I'm just reacting to her and what she says/does*

- ...She's purposely trying "to bait me and then get a rise out of me"*

- ***IT'S HUMAN NATURE/THAT'S JUST THE WAY MEN ARE***

- ... It's biological/genetic*

- ...A real man never backs down from anything*

- ...It's just the way I am and it's the way I'm supposed to be as a man*

- ***SHE DESERVED WHAT SHE GOT***

- ...She started it*

- ...She "provoked" me*

- ...She was hysterical/out-of-control/completely "out of it"*

- ...It takes "two to tango"/It takes two to fight/to argue*

*...She's the "real problem" in our relationship
...I only get angry with her and with nobody else
...My only problems are with her
...She just brought this on herself*

• ***SHE'S THE ONE WITH THE ANGER PROBLEM/SHE'S THE REAL ABUSER IN OUR RELATIONSHIP***

*...She should be in an anger management class/an abuse group
...She's the one who's always so damn pissed off
...She needs to go to counseling herself and "figure out" why she's always so angry*

• ***I WAS JUST ACTING IN "SELF-DEFENSE"***

*...She grabbed/pushed/hit/slapped me first
...She really hurt me by what she said to me
...She was abusive/threatening/violent to me
...I am the real victim here
...I was only reacting to what she did(said)
...I can't/won't let her "push me around"
...She "crossed the line" and she needs to know it*

• ***I WAS DRUNK/HIGH***

*...I just "blacked out"
...I was in a "dry drunk" blackout
...It wasn't really me; it was just the booze and the drugs talking
...I didn't know what I was doing because I was so high*

• ***WHAT HAPPENED IS "NORMAL"/EVERYBODY GETS "PISSED OFF" AT TIMES***

*...All families have fights from time to time
...Getting "pissed off" is just part of long-term and committed relationships*

• ***SHE DOESN'T LOVE ME/CARE ABOUT ME/RESPECT ME ENOUGH***

• ***I WAS COMPLETELY "OUT OF CONTROL"***

*...I didn't know what I was doing in the situation
...I was just "seeing red"
...This just shows how angry I was
...I didn't mean to get violent
...It's not my fault
...I was just in the wrong place at the wrong time
...This isn't the real me
...I didn't mean to do it
...This was just an "accident"*

- ***I NEEDED TO GET CONTROL OF THE SITUATION***

- ...It worked to get me what I wanted*
 - ...It stopped the argument*
 - ...I got what I wanted*
 - ...It finally “shut her up”*
 - ...I finally got her to “back off” and just leave me alone*

- ***A MAN HAS A RIGHT TO BE IN CONTROL/“IN CHARGE” IN HIS RELATIONSHIP WITH HIS PARTNER***

- ...I should be the one who’s in charge*
 - ...I’m supposed to “run the show” around here*
 - ...A man has a right to “discipline” his wife whenever he needs to do that*
 - ...A man should have the right to “wear the pants” in his family*
 - ...The man is supposed to be the “head of the household”*
 - ...I make the money and pay all the bills around here so I get to “say what goes” in our life together*
 - ...The Bible says it’s okay to do what I do with her*
 - ...This is my house and I’ll do whatever I want in my own home*
 - ...This is a private family matter/This is nobody else’s damn business*
 - ...I am entitled to be “the boss” in my own home*
 - ...I needed to “bring her down a notch”*
 - ...It’s just the way things are supposed to be in a relationship*
 - ...She was just getting too damn “uppity”/“cocky”*

- ***I’M REALLY SORRY FOR WHAT I DID/I’LL NEVER DO IT AGAIN***

- ...It was just a mistake; I’ve learned from it*
 - ...What I did “really isn’t me”*
 - ...This will never happen again*

- ***SHE WOULDN’T LISTEN***

- ...She just wouldn’t keep her mouth shut*
 - ...She wasn’t “hearing”/“understanding” me*
 - ...She wouldn’t leave me alone*
 - ...She wasn’t being fair to me*
 - ...She “called my bluff”*
 - ... What I did finally made her listen to me*
 - ...It was the only way to get my message across to her*
 - ...She was ignoring me*
 - ...She wasn’t dealing with the issue*
 - ...She’s always “bitching”/complaining/nagging about something*
 - ...It was the only way to “get her attention”*

- ***I HAVE A RIGHT TO “GET HER BACK” FOR WHAT SHE SAID/DID TO ME***

- ...I needed to “get even”/get revenge*
 - ...She hurt me so I hurt her back*
 - ...She put me down; I won’t let her get away with. doing that*

...She disrespected me; that's just not okay

• ***THIS WILL “TEACH HER A LESSON”***

...This will make her a better person

...She'll learn how to act from what happened between us

...This will only help her in the end

... This will protect her from herself

• ***IT WAS JUST INSTINCT FOR ME***

...I just reacted

...It was a “reflex”

• ***WOMEN ARE “INFERIOR” TO MEN***

...Women should be subservient/submissive

...She's my wife/my girlfriend

...She belongs to me

...She's my “property”/I “own her”

...She's mine

...She's supposed to follow my lead

...She didn't do what she was supposed to do

• ***I WAS JUST “STRESSED OUT”***

...I had a really bad day

...I had an “attitude;” she should have just left me alone when I told her to

...I was “wiggled-out” on my meds

...I was feeling really depressed/anxious

...I didn't get enough sleep the night before

...Little things just built up for me over the course of the whole day

...I just couldn't take it anymore

...I felt completely overwhelmed by my life at that point

• ***I HAD NO CHOICE ABOUT WHAT I DID***

...She “crossed the line”

...She pushed me into a corner

...She backed me up against the wall

...The issue was way too important to just let it pass

...I had to act the way I did to get my point across

...I only have two choices in a situation like that (“fight or flight”)

• ***I WAS RIGHT/SHE WAS WRONG***

...It was the right thing to do in that situation

...I didn't do anything wrong; she's the one who “screwed up” by what she did to me

- **IT'S OKAY TO BE ABUSIVE/"GET PHYSICAL" IN SOME SITUATIONS THAT OCCUR WITH A SPOUSE/GIRLFRIEND**
 - ...I can get away with this*
 - ...I know how to handle these sorts of situations*
 - ...I'm big/tough enough to "throw my weight around" whenever I need to*
 - ...I am trained in martial arts*
 - ...I really learned how to handle myself when I was in the military*

- **IT JUST WASN'T "THAT BIG A DEAL"**
 - ...What happened wasn't really that "bad"*
 - ...I didn't really hurt/scare her*
 - ...She bruises easily*
 - ...We'll get through this*
 - ...She's just exaggerating about how bad it really was*
 - ...She's just too damn sensitive*

- **THIS WON'T HURT OUR RELATIONSHIP**
 - ...She'll get over it*
 - ...She'll still love me*
 - ...She'll never leave me*
 - ...We've gotten through worse fights in the past*

- **I WAS JEALOUS/SHE ACTS LIKE A WHORE/SHE'S A "SLUT"**
 - ...She was staring at another guy*
 - ...She's acts like such a damn flirt*
 - ...She's always looking at/talking with other guys*
 - ...She went out on me with some other guy*
 - ...She had a damn affair on me*
 - ...She is always "hitting on other guys" whenever we go out*

- **IT WOULDN'T HAVE HAPPENED IF I DIDN'T LOVE HER SO MUCH**
 - ...What I did just proves how much I really care about her*
 - ...I wouldn't have acted that way if she wasn't so important to me*
 - ...I guess I just love her too much*

- **SHE WAS "OFF HER PEDESTAL"**
 - ...A gentleman should never hit a lady, but because of what she said/did, she's not a "real lady"*

- **I'VE BEEN GOOD TO HER/SHE OWES ME FOR EVERYTHING I'VE DONE FOR HER**
 - ...I've given her everything she wants*

- ***SHE DOESN'T THINK ABOUT ME ENOUGH/AS MUCH AS SHE SHOULD***
...She worries about/thinks about everybody but me
...She doesn't understand me/know me the way that she really should
...She doesn't "give a shit" about me; otherwise, she wouldn't say/do what she does

SOME JUSTIFICATIONS FOR SEXUAL ABUSE OF A PARTNER:

- *She wanted it*
- *She said "no" but she didn't really mean it*
- *I deserve to get it whenever I want it*
- *Boys will be boys*
- *It's my right to have sex because I'm her husband/boyfriend*
- *I need it/I can't live without it*
- *She's always so damn "cold/frigid"*
- *She owes it to me because she's my wife/girlfriend*
- *She gave it to me whenever I wanted it when we first got together; why shouldn't she have to do that now?*

SOME JUSTIFICATIONS FOR CHILD ABUSE:

- *Spare the rod, spoil the child*
- *A father has the right to discipline his kids however he sees fit*
- *It's nobody else's business what I do with my own kids*
- *A man has the right to control his children and their behavior*
- *A father has the responsibility to teach his children who they should be*
- *The kids shouldn't have talked back to me/my wife*
- *There's nothing wrong with a little spanking now and then*
- *My father hit me a lot worse when I was a kid than I do with my kids*
- *I got hit when I was young and I turned out just fine*
- *Kids need to know who's the "boss" in this house*
- *It's my job as their parent to show them "what's right" and "what's wrong"*