

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 excuses that men have offered in the past to avoid taking clear responsibility for what they have said or done with their partners and children.

SOME JUSTIFICATIONS FOR EMOTIONAL, VERBAL, AND PHYSICAL ABUSE AND OTHER CONTROLLING BEHAVIORS WITH PARTNERS:

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

- It's the only way I know*
- My father/mother was abusive*
- 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*
- 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*
- She pushed my buttons*
- She knows how to get me going*
- She pissed me off*
- She had an "attitude"*
- She made me angry*
- She pushed me too hard*
- She pushed me too far*
- I'm just reacting to her/what she does*
- She's intentionally trying to 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*
- It's just the way I am*

- ***SHE DESERVED IT***

- She started it*
- She provoked me*
- She was hysterical/out-of-control/"out of it"*

*t takes two to tango/It takes two to fight/It takes two to argue
She's the real problem in this relationship
I only get angry (have problems) with her
She brought it on herself*

- ***SHE'S THE ONE WITH THE ANGER PROBLEM***

*She's the real abuser in this relationship
She should be in an anger management group
She's the one who's always so pissed off*

- ***IT WAS "SELF-DEFENSE"***

*She grabbed/pushed/hit/slapped me first
She hurt me
She was abusive/threatening/violent to me
I was the real victim here
I was only reacting to what she did
I can't/won't let her push me around*

- ***I WAS DRUNK/HIGH***

*I just "blacked out"
I was in a "dry drunk" blackout
It was just the booze and drugs "talking"
I drank too much*

- ***IT'S NORMAL/EVERYBODY GETS ANGRY AND ABUSIVE AT TIMES***

*All families have "fights"
Abuse is a part of all long-term relationships*

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

- ***I WAS "OUT OF CONTROL"***

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

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

*It worked to get what I wanted
It stopped the argument
I got what I wanted
It shut her up
I got her to "back off"*

- **A MAN HAS A RIGHT TO BE IN CONTROL/"IN CHARGE"**

*I should be the one in charge
I'm supposed to "run the show" in this relationship
A man has a right to "discipline" his wife when he needs to
A man has the right to "wear the pants" in his family
The man is the head of the household
I make the money and pay the bills around here
The Bible says it's okay
It's my house; I'll do whatever I want in my own home
It's a private family matter/It's nobody else's business
I'm the boss
I wanted to "bring her down a notch"
It's the way things are supposed to be
She was getting too "uppity"/cocky*

- **I'M REALLY SORRY FOR WHAT I DID**

*I'll never do it again
It was a mistake
It will never happen again*

- **SHE WOULDN'T LISTEN TO ME**

*She just wouldn't shut up
She wasn't "hearing"/understanding me
She wouldn't leave me alone
She wasn't being fair
She "called my bluff"
It made her listen to me
It was the only way to get my message across
She was ignoring me
She wasn't dealing with the issue
She's always bitching/complaining/nagging
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/put me down
She disrespected me*

- **THIS WILL "TEACH HER A LESSON"**

*This will make her a better person
She'll learn from this
This will help her
This will protect her from herself*

- **IT WAS JUST "INSTINCT"**

*I just "reacted"
It was a reflex*

- **WOMEN ARE INFERIOR TO MEN**

*Women should be subservient/submissive
She's my wife
She belongs to me
She's my property
She's mine
She's supposed to follow my lead
She didn't do what she was supposed to do*

- **I WAS "STRESSED OUT"**

*I had a bad day
I had an "attitude"
I was "wiggled-out" on my meds
I was depressed/anxious
I didn't get enough sleep
Little things just built up for me
I just couldn't take it anymore
I felt completely overwhelmed*

- **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 too important to just let it pass
I had to act that way
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
I didn't do anything wrong*

- **IT'S OKAY TO BE ABUSIVE/VIOLENT IN SOME SITUATIONS**

*I can get away with it
I know how to handle these sorts of situations
I'm big/tough enough to "throw my weight around"
I know karate/martial arts
I learned how to handle myself in the military*

- **IT WASN'T THAT BIG A DEAL**

*It wasn't all that bad
I didn't really hurt her
She bruises easily
We'll get through this
She's just exaggerating how bad it was*

- **IT 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's a "whore/slut"
She was staring at another guy
She's a flirt
She's always looking at other guys
She went out on me
She had an affair on me
She is always "hitting on other guys"*

• ***IT WOULD NEVER HAVE HAPPENED IF I DIDN'T LOVE HER SO MUCH***

*What I did 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 did, she's not a lady

• ***I'VE BEEN GOOD TO HER***

*She owes me
I've given her everything*

• ***SHE DOESN'T THINK ABOUT ME ENOUGH***

*She worries about everyone but me
She doesn't understand/know me*

JUSTIFICATIONS FOR SEXUAL ABUSE OF A PARTNER:

- *She wanted it*
- *She said "no" but she really meant "yes"*
- *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 cold/frigid*
- *She owes it to me because she's my wife/girlfriend*
- *She gave it to me whenever I wanted it we first got together*

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 what's right and what's wrong*
- *The kids shouldn't have talked back to me*
- *There's nothing wrong with a little spanking*
- *My father hit me worse when I was a kid*
- *I got hit and I turned out just fine*
- *Kids need to know who's the boss in this house*
- *It's my job as their parent*