

## **Doorways people pass through on the road to hurting/abusing someone else**

The following can be thought of as doorways (or later on hurdles) that people go through (or overcome) on the road to deliberately abusing or hurting another person. This kind of abuse is different to hurt done on impulse whilst in a rage. It usually involves a fairly steady progression, although people will not go through every door, nor every door in sequence.

The vast majority of people have dreams and occasional thoughts and fantasies about hurting another person that they know (and may love); very few people go through all the doorways and deliberately act on their fantasies.

There is no need to worry if you only experience 1-3 below – this just means you are human like everyone else on the planet. It is impossible to go through life without having experiences like these. Some people believe that by having such dreams and thoughts human beings are better able to take steps to prevent themselves from hurting others. However, if you feel you are in danger of progressing through some of the doorways further along, or if you find yourself doing activities listed 4 -12, it may help if you:

- A. Acknowledge any risk you may be starting to present to others and seek to minimize that risk.
- B. Reign yourself in from passing through any more doorways. Try and increase your self-discipline and redirect your attention if you are engaging in activities from 4 onwards.
- C. Seek help from others who might be able to help e.g. with moral guidance and encouragement, help you understand why you are engaging in such behaviours, etc.

1. Having dreams where you abuse/hurt someone



2. Fleeting images in the mind/thoughts whilst awake



3. Longer fantasies



4. Fantasies that you enjoy



5. Deliberately generating fantasies in order to generate enjoyment

6. Pleasuring yourself whilst fantasizing



7. Justifying the abuse in your own mind; challenging thoughts that make you feel guilty in order to feel less guilty



8. Making conscious plans



9. Refining plans for 'real world' enactment; researching ways of acting on the fantasy



10. Putting yourself in places where you may enact the fantasy or not



11. Being on the verge of doing the abusive act



12. Attempting to do it but being prevented by others



13. Abusing someone