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VIOLENCE & ME [Psychological Violence]

Violence has been used as the central theme of so many works of art in the past few decades. This widespread glorification of violence has invariably resulted in a society with poor knowledge about the meaning of violence. The fact that violence is synonymous with bloodshed has been so deeply ingrained in our minds that we fail to recognize any other form of violence.

With increasing expectations from everyone around them, teenagers are ^{likely to be} subjected to psychological violence more often than they are likely to suffer from a breakout of acne. However, teenagers have become so used to being taunted for shoddy work or being criticized for having a set of ideologies that differ from those of their parents' that they often fail to recognize that they are, in fact, unfortunate victims of one of the most damaging forms of violence, namely ^{Psychological violence}.

Victims of psychological abuse are also likely to suffer from physical trauma. Often, affected teenagers express their frustration by harming themselves physically. While this is pitiful in itself, things take a turn for the worse when these angst-ridden teens choose to let their frustration out by physically harming others, not themselves.

Criticizing others, ignoring them, mocking them, making fun of what they believe in, basically doing anything that affects the emotional well-being of a person is classified as psychological violence. One of the biggest pitfalls of being a victim of psychological violence is that you yourself have no idea about what you're going through. Even when you do realize that your emotional well-being is being tampered with, it dawns upon you that this form of violence is neither punishable nor recognized as a crime.

While they are recognized as other separate types of violence, it is common

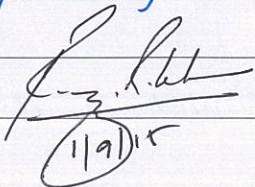
knowledge that victims of racial as well as religious violence often end up being victims of psychological violence. Being bullied on the basis of their skin colour and/or religion leads to them feeling bad about themselves.

Victims of psychological violence often suffer from low self-esteem and feelings of inadequacy. They have a nagging feeling that they can not provide enough to any relationship that they are in and are excessively paranoid about losing people close to them. Living in solitude is often the most difficult thing for these people to do. Their thoughts eat away at them, nagging them about everything.

Hence, psychological violence is also directly linked to internal violence. It would be highly accurate to say that anyone suffering from ~~physical~~^{psychological} violence is extremely likely to be suffering from other types of violence as well. Psychological violence rarely strikes alone.

The first ~~step~~ step to curbing any type of violence is to make the general public aware that it actually exists. Most of us have no idea that each time we are called names by someone or are mocked by someone for any reason, we are actually victims of psychological violence. You can't fight something if you don't know it exists. It is this ignorance of the human race that gives the evil in society the upper hand. Sensitizing people and making them aware of the consequences of their harsh words will be of great help while working against psychological violence, the best thing to do would be to watch your tongue. Think twice before you speak.

A moment of deep thought, a minute of intense consideration might just end up saving someone a lot of sleepless nights and in extreme cases, a life.


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