

Biderman Behaviours




The Exhauster

Keeps us up late.
Makes us do all the work.
Wakes us up in the night.
Goes on and on and on.



The Humiliator

Makes us feel dirty and ashamed.
Abuses us sexually.
Makes us shrivel up inside.




The Isolator

Stops us seeing family and friends.
Prevents us having any perspective other than theirs.
Manipulates or forces us to stay at home.



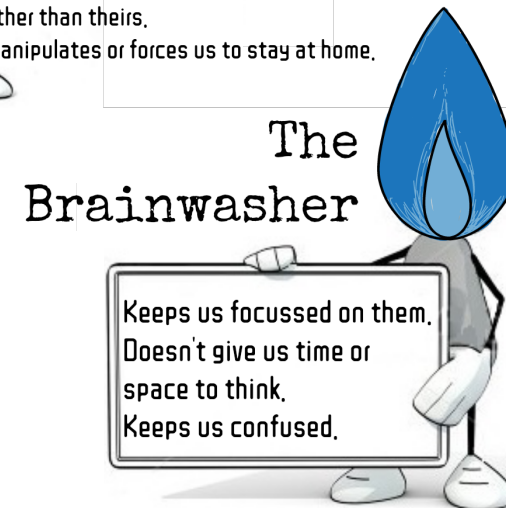
The Nice One

Confuses us by being nice.
Makes us feel like things are getting better.
Makes us feel like all the awfulness is worth it.



The All-mighty

Uses acts of extreme power (e.g. violence or aggression) to convince us that they have all the power.



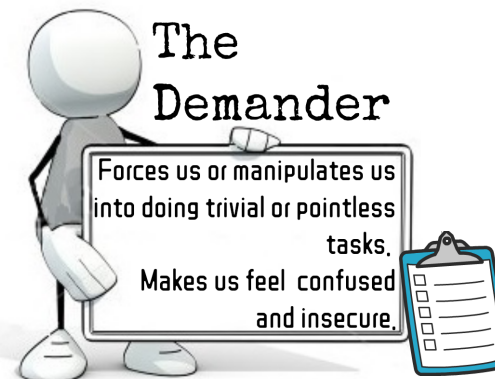
The Brainwasher

Keeps us focussed on them.
Doesn't give us time or space to think.
Keeps us confused.



The Threatener

Makes us scared for our, or other people's, safety.
Makes us feel we can't trust anybody.
Makes us feel trapped.



The Demander

Forces us or manipulates us into doing trivial or pointless tasks.
Makes us feel confused and insecure.