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Mental health practitioners debunk a few common myths about abuse.

March 7, 2016 By Kate Ferguson

Myth 1: Abuse only involves violence.

The truth is, there are many types of abuse, including physical violence. Often, neglect and emotional abuse can be as painful and bruising as blows and can leave deep scars that go beyond thesurface of our skin.

Myth 2: Only bad people are abusers.

Anyone can be an abuser, and there are a host of triggers for abusive behavior. Sometimes abusers may have also experienced violence, or they may suffer from mental health or substance abuse problems.

Myth 3: People who are abused always become abusers.

Although it’s true that those who have been abused, especially as children, are more likely to abuse others, this isn’t always the case. In general, many survivors of abuse don’t repeat the cycle.

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