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facing reality

Unfortunately, emotional abusive relationships are becoming profoundly common in today's society. With movies like *Suicide Squad* romanticizing emotional abusive relationships, the abuse is being a normal part of relationships. This comes to a point when you don't even realize that it is abuse. We are so blind to the harsh reality of the truth, that we tell ourselves that the abuse is normal. But, it isn't. I know this because I was in an emotional and mental abusive relationship, and I did not even realize it. Obviously, every couple fights. We all make mistakes and we get angry. This is just a part of life and being human. However, when a fight turns into completely bashing your significant other or putting them down-- that's when it turns into something much bigger and the relationship turns sour. [Healthyplace.com](https://www.healthypurpose.com) defines emotional abuse as "any act including confinement, isolation, verbal assault, humiliation, intimidation, infantilizing, or any other treatment which may diminish the sense of identity, dignity, and self-worth." They list signs of this as: "yelling, swearing, name calling or insults, mocking, threats, intimidation, ignoring, excluding, isolating, humiliation, denial of the abuse and blaming of the victim."