




GLOSSARY OF TERMS

Terminology Used in Domestic Violence Cases

JUGNU

THE JUGNU PROJECT

Pakistan's Digital Domestic Violence Resource Centre

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Introduction to Glossary of Terms

Family and domestic violence is a major national and welfare issue, that can have lifelong impacts on victims and survivors of violence. It is an endemic which is socially accepted in many desi families as “inevitable”. The cycle of violence that results affects each succeeding generation.

While long standing debates have existed over the types of language that may be used when identifying and describing violence and abuse, terminology has become increasingly fragmented across political, legal and service sectors. In order to make it easier to help you identify if you, or someone you know, is a victim of domestic violence, we have compiled a **glossary of words** that can be used to appropriately explain domestic and family violence. We have also compiled in this list terminology that has been developed by psychologists, over decades of research, in order to identify specifically with individuals suffering from Narcissistic Personality Disorder (NPD).

This glossary aims to compile existing terminology and nomenclature regarding domestic violence and narcissistic abuse; in order to provide conceptual clarity and a common understanding of the key terms that are used in the different resources available on our site. It is a guide for working with survivors of domestic violence, who include individuals regardless of their ethnicity, gender, socio-economic status, religion, sexual orientation, gender identity and age. Where it was not feasible to include one standard definition of a term, more than one definition is presented with an explanation as to the relevant context.

This list is by no means exhaustive and will be consistently updated as newer terms are introduced into the lexicon (both psychological, legal and cultural terminology) and, also, as terms are made extinct over time and replaced by others. This glossary has only been compiled in order to help survivors of domestic violence and abuse, and their loved ones, understand the psychological, legal and sociocultural research that we are sharing on our platform for the benefit of society at large.

Finally, please note that this glossary does not have any legal effect(s) and in no way serves as a legal document. It will only serve as a reference tool in connection with Domestic Violence and the response of The Jugnu Project and other organizations helping activists and survivors of said violence to the best of their ability(s).

If you would like to raise some concerns regarding our work, or would like us to turn the focus of our research in another direction, please feel free to email us at thejugnuproject@gmail.com.

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A

Abdandonment

Abandonment can be physical (such as a person leaving) or emotional (such as withholding affection, or not spending time together).

Abuse

This is behavior used to coerce, intimidate, isolate, harm, dominate and/or control another person. It includes behavior that includes actions, words and neglect, and may be a pattern of occurrences or a single isolated incident. The abuse can be sexual, physical, emotional, verbal, financial, spiritual, neglectful and / or psychological in nature.

Abuser / Abusive Partner

This is any person who engages in a pattern of coercive, exploitative, and violent tactics against an intimate partner in order to establish and maintain power, control and dominance over the partner.

Abused Partner

Any individual who is abused by their partner / significant other.

Abusive cycle

A pattern of behavior in which a narcissist / abuser alternates between being abusive and being loving or apologetic.

Acid attack

The pre-meditated throwing of acid onto another person, usually on her face, with the intention to harm. In addition to psychological trauma, acid attacks result in severe pain, permanent disfigurement, subsequent infections, and often blindness in one or both eyes. Perpetrators commit acid attacks for various reasons, for events as minute as the refusal of a marriage proposal, or other romantic or sexual advances; land disputes; perceived honor and jealousy. Acid attacks are a crime under Pakistani and UK law.

“ACoNs”

This acronym stands for “adult children of narcissists”; and is commonly used in the narcissism survivor community.

Acute Stress Disorder

A mental health disorder, this can occur in the first month after experiencing a traumatic event. While the symptoms may be similar to those experienced during PTSD, they must last for longer than one month for the latter to be diagnosed. There are certain treatments available to help heal from ASD.

“ACEs”

“Adverse Childhood Experiences “ (or ACEs) are traumatic events that take place during childhood (specifically 0 to 7 years old).

Advocacy

The act, or process, of supporting a cause or proposal.

Advocate

An advocate is anyone who defends or maintains a cause or proposal, usually on a social level, but especially in court. He/she raises public awareness of the issue of interpersonal violence and empower and help – navigate the system to access resources.

Affiliated personnel

Personnel engaged by The Jugnu Project (TJP) as individual consultants / contractors, who do not have the status of “experts”.

Ageism

This is a form of discrimination against people based on age. While it may be experienced at any age, it is most commonly experienced by those who are described as either too young or old.

Agency / Autonomy

This refers to an individual’s or a “group’s” ability to make effective choices and, with the relevant steps taken, transform those choices into the required outcome.

Aggression

The use of physical and verbal force to intimidate, harm or control others. It is a forceful action, and is usually used to dominate.

Allegation of misconduct

An allegation is an assertion made without any proof.

An allegation of misconduct generally refers to uncorroborated information, pointing to possible misconduct / misdemeanor.

Alienation

The deliberate act of isolating a victim from their support system, such as family and friends.

Ally

Any person who works in order to end some form of oppression, that gives them privilege(s) over another person/group. Allies are important in advocacy. They listen to, and are part of, the community(s) and individuals who are affected by respective forms of oppression.

Animal abuse

This includes abuse meted out to an animal that may be physical, sexual, emotional and/or neglectful in nature. It may also include staging animal fights.

Anti-oppression

This reflects several different approaches to the work of addressing social and institutional oppression and inequalities of society.

Anti-social personality disorder

A personality disorder characterized by a disregard for the rights of others and a lack of empathy or remorse. This can occur simultaneously with narcissistic personality disorder.

Anxiety

A feeling of fear, dread and uneasiness. It may even cause physical symptoms, such as shaking, sweating and increased blood pressure.

Apology fraud / Fauxpology

A manipulation tactic where the abuser gives a fake or insincere apology in order to avoid consequences or to maintain control.

Armed violence

The use, or threatened use, of weapons in order to inflict injury, death or psychosocial harm.

Arranged marriage

This is different from a forced marriage; in that it is organized by both families with the consent of the potential spouses. Both spouses have the right to accept or reject the marriage arrangement.

Assault

An unlawful act of aggression, with or without weapon, in which a person applies, or threatens, force upon another person without their consent.

Assessment of Allegation

A review of the information received regarding a certain allegation, to ensure that the allegation amounts to a misconduct. The first step is to determine whether the allegation is credible; which would warrant a referral for an investigation and legal proceedings, if applicable.

Assets

Attributes that are possessed by a person. These could be physical assets and intangible assets that are both equally valuable. Examples of assets include a person's home and higher education and special skills.

Assistance to the victim / Victim assistance

This refers to medical, legal, psychosocial and other services provided to a complainant, victim / survivor of domestic and gender-based violence; or a child born as a result of sexual exploitation abuse.

Attachment

A feeling that binds a person to another

Attachment style

A specific pattern of behavior, in and around relationships.

Attachment theory

A theory in development psychology that humans are born with the need to develop close personal ties with their caregiver(s), and such a bond will usually develop within the first six (6) months of the child's life if the caregiver is appropriately responsive. Developed by the British psychologist, John Bowlby, the attachment theory defines the different styles of attachment that different individuals are prone to have.

Attachment trauma

The emotional and physical trauma resulting from the lack of secure attachment to a caregiver during childhood, which can increase the risk of developing narcissistic personality disorder.

Attorney

This refers to a person, typically a lawyer, who has been appointed to act for another in business or legal matters.

Avoidant personality disorder

A personality disorder typically characterized by social inhibitions, feelings of inadequacy, and the fear of criticism or rejection. These can occur simultaneously with narcissistic personality disorder.

B

Backhanded compliment

a manipulation tactic used to insult or criticize another under the guise of a compliment.

Barrier

This usually refers to physical barriers that prevent, or restrict, movement; social barriers, that consist of overt or covert social obstacles, preventing a person from being involved in certain aspects of society, including, but not limited to, accessing certain social spaces or resources. Different barriers may prevent, or limit, a person's access to opportunities, benefits or advantages that are available to other members of society.

Battered woman

Anyone who has experienced verbal, physical, sexual and financial abuse. While a majority of the survivors of domestic violence are women, men may also become victim to violence.

Battered Woman Syndrome (BWS)

Refers to the psychological trauma experienced by anyone due to ongoing physical, psychological and/or sexual abuse, especially at the hands of an intimate partner.

Batterer

Any person who inflicts violence upon a child, spouse or person.

Battery

The unlawful application of force applied directly or indirectly upon another person, or their personal property, causing bodily injury or damage. As a general rule, battery does not require mens rea to be proven.

Belittling

A form of emotional abuse where the abuser diminishes the victim's sense of self-worth or confidence through criticism or insults.

Beneficiary of Assistance

Refers to any person(s) who receives services and assistance from The Jugnu Project (TJP) or its funds and programs.

Benign Narcissist

Such individuals have milder versions of narcissistic traits and lack intimacy skills, making it difficult to cultivate meaningful and fulfilling relationships with them.

Betrayal trauma

Emotional trauma resulting from the violation of trust by a close partner or family member.

Bidirectional violence

This occurs when both partners within a relationship are violent towards each other.

Black and white thinking

This refers to a cognitive distortion in narcissistic abusers, where they see things in extremes, with no grey areas or nuances.

Blame shifting

This is a manipulation tactic used to avoid taking responsibility for their actions by shifting the blame onto someone else.

Body shaming

Subjecting another to criticism or verbal abuse for their appearance and / or bodily imperfections.

Boundaries

This refers to the conceptual limits between one person and another. It is essential for survivors of abuse to set and stick to boundaries that respect their personal space and autonomy in order to even attempt to break free from the cycle of abuse.

Boundary violation

A behavior where an abuser disrespects or disregards another's personal boundaries or limits.

Brainwashing

A form of psychological manipulation where the abuser alters the other's beliefs, values and behaviors.

Breadcrumbing

This is when one individual gives another just enough attention to keep them interested or "hooked", without any intention to really committing.

Bullying

This includes acts of aggression and intentional harm, repeated over-time, where an imbalance of power exists within any relationship. It includes physical actions, verbal actions and social exclusion.

Burnout

This is a state of physical and emotional exhaustion; and can occur when an individual experiences long-term stress. The individual feels consistently overwhelmed, stressed, emotionally drained and unable to meet constant demands.

Bystander effect

A phenomenon where individuals are less likely to help someone in distress when others are present; which can further enable abuse.

C

“CAPRD”

This is the acronym for “Child Affected by Parent Relationship Distress”. It refers to any child whose parents are in severe conflict with one another; and this has adverse affects on the child. This can include intimate partner violence, relationship distress, an acrimonious divorce, or even parental alienation, etc. The conflict does not necessarily have to be physically violent to negatively impact the child.

Caregiver violence

This refers to violence perpetrated by paid, or unpaid, individuals who provide help with daily activities and support. This can include sexual abuse, financial abuse, physical abuse and neglect. Caregivers can include family, personal support workers, home support workers, housekeepers and respite workers.

Case

Any situation requiring attention and (usually) immediate action by the individual who has become aware of it. For The Jugnu Project (TJP), a case usually refers to a matter under way, normally referred after investigation. It may involve several perpetrator(s) and victim(s); and may be a collaboration with different organizations to provide the necessary services to the latter..

Case closed

A case may be considered closed either upon completion or upon investigation, if the latter proves allegations to have been false.

Case management

This is a structured method for providing assistance to a survivor of gender-based violence (GBV) or domestic violence, whereby they are informed of all the options available to them; the issues facing them are identified and followed up in a coordinated way, and emotional support is provided to them throughout the process.

Cause of action

A set of predefined facts that allow a person to bring fourth a legal claim that is enforceable in court.

Causation

Refers to what constitutes a factual connection between an act and the subsequent consequence; which follows from that act.

Chain of causation

This is the events that bind together the action and the end result. This refers to the original cause and its subsequent effects; especially as a basis for criminal or civil liability.

Child abduction

Parental abduction occurs when one parent takes a child(s) away from the parent who has lawful custody. Child abduction has both national and international perspectives. They are deprived by the abducting parent of security and stability in their lives. While children may not be in any physical harm or danger, their lives are nevertheless disrupted greatly.

Child exposure to domestic violence

There are various ways in which children may be exposed to domestic violence. This includes seeing it, hearing it and seeing the aftermath of it, or being told about it. Research indicates that children who are exposed to domestic violence can suppress a child's IQ, lead to premature aging, and even influence the functioning of their brain's emotional systems in ways that can increase vulnerability to psychopathology.

Child maltreatment

Also known as "child abuse", it includes physical, emotional, sexual and psychological abuse. Additionally, any neglect that a child faces, or any violence that a child sees, or hears about, in their family; is also included in maltreatment.

Child support

This refers to the financial support that a parent must provide for the upbringing of their child(ren). This can be entered into voluntarily or ordered by a court of law. Child support can be provided in various forms. It can be provided in the form of a one-time payment, regular installments paid directly to a parent or regular withholdings from the wages / earnings of non-custodial parent.

Civil contempt

A disobedience of a court order, which carries a quasi-criminal penalty(s) rather than direct criminal penalties.

Civil Protection Order (CPO)

An order of the court that requires the abuser to stay away from the victim, and / or to refrain from committing certain acts. It may also be known as a Protection Order, Restraining Order, or Protection from Abuse Order.

Classism

Any practice(s) or belief(s) that judge and value people according to the social class that others assume they belong to.

Closure report

A confidential document, which is usually internal, prepared for investigations and cases where investigation does not result in disciplinary, administrative or any other action.

Cluster-A personality disorder

Often associated with schizophrenia, it consists of three types of disorders; namely, “schizotypal personality disorder”, “paranoid personality disorder” and “schizoid personality disorder”. Such people often have difficulty in forming relationships; and may suffer from paranoia.

Cluster-B personality disorder

These personality disorders are characterized by dramatic, impulsive and self-destructive behavior with others. It includes antisocial personality behavior, borderline personality disorder, histrionic personality disorder and narcissistic personality disorder.

Cluster-C personality disorder

This includes different fearful disorders, including avoidant personality disorder, dependent personality disorder, obsessive-compulsive personality disorder.

Codependency

Refers to excessive or psychological reliance on a partner. It may sometimes include requiring support on account of an illness or addiction. Such a dynamic is not just limited to substance abuse, but can occur in toxic relationships as well.

Coercion

The practice of making another do something against their will, usually by using force or making threats.

Coercive control

This refers to controlling behavior that makes a person dependent on another, isolates them from support, exploits and deprives them of independence, sometimes by regulating their everyday movement and behavior. It includes acts, or patterns of behavior, that includes acts of assault, threats, humiliation, intimidation or other abuse that is used to harm, punish or frighten the victim. Coercive control creates invisible chains around a person, with a deep sense of fear pervading all elements of a victim's life and depriving them of their liberty, and/or right to liberty.

Cognitive dissonance

This refers to the state of inconsistent and contradictory thought. With narcissists, the reality they live is very different from the one they project. Their families find themselves in similar dichotomy; where their reality with the narcissist is very different from the one they are perceived to embody and live in.

Collective violence

This is the use of violence by a group of people who identify themselves as members of a group against another set of individuals, in order to achieve political, economic or social objectives.

Colonialism

This is a set of policies through which one territory exerts control over another through unequal power dynamics.

Common partner

A prior, intimate partner of one's current partner / spouse; or, the current partner/spouse of an individual's former partner/spouse.

Community policing

This is a set of policies through which one territory exerts control over another through unequal power dynamics. This is a philosophy that promotes organizational strategies to support the systematic use of partnerships and problem-solving techniques, to proactively address community issues, including social disorder, fear of crime, etc. It includes three key sections: community partnerships, organizational transformation and problem solving.

Community-based Complaint Reception Mechanism (CCRM)

This is a system blending both formal and informal community structures; where individuals are encouraged to safely report incidents of domestic violence and sexual abuse. Local communities and grass root communities are involved so that the system is both culturally and gender-sensitive. The mechanism should be safe, confidential, transparent and accessible through various channels and touch points.

Compassion fatigue

A state of exhaustion that results from prolonged exposure to compassion stress and all it entails. This describes the physical, emotional and psychological impact of helping others. It is often experienced through stress or trauma.

Complaint

Information provided, whether from the complainant themselves or a third party, indicating either conduct that is against The Jugnu Project (TJP) standards of conduct. It may either be in written form or an oral statement.

Complainant

This refers to the person making the complaint.

In legal terminology, the complainant refers to the party which initiates a law suit in a court of law or an administrative proceeding.

Complex Trauma (CPTSD)

This refers to exposure to, and impact of, multiple traumas. It is usually interpersonal, and usually occurs with repeated trauma against a child. However, it is not always the result of childhood trauma. It may also occur as a result of adults experiencing violence in a community

Communal Narcissist

This is someone who derives their self-esteem from the love and admiration of others. They require constant positive feedback and adoration to feel validated. They may do a lot of communal and social work for others.

Confidentiality

The disclosure of certain (usually private) information is restricted. This is also when someone shares certain information that may not be disclosed without some legal authority or justification.

Conflict-related sexual violence (“CRSV”)

The term “CRSV” refers to rape, sexual slavery, forced prostitution, forced pregnancy, forced abortion, enforced sterilization, forced marriage and any other form of sexual violence perpetrated against women, men, girls or boys that is directly or indirectly linked to a conflict.

Conflict resolution

This can be either an informal, or a formal process that two parties use to find a peaceful solution to their dispute.

Consent

Consent is defined as the voluntary agreement to engage in sexual activity. Any time of sexual activity, without consent, is sexual assault.

Consent culture

A culture where the prevailing narrative of sexual activity / intercourse is centered on mutual consent. Consent to any activity is ongoing, given freely and with enthusiasm.

Contempt

The offense of disobeying an order, direction or process of a court of law or its officers.

Contempt hearing

A hearing in court due to contempt that may have been undertaken earlier.

Coordinated community response

Such responses engage the entire community in order to develop a deeper understanding of violence against women. It aims to change social norms and attitudes that contribute to violence against women. Coordinated community responses work alongside law enforcement, civil society, health care providers, child protection services, educators, local businesses, media personnel, and faith leaders.

Coping strategy / mechanisms

These are strategies that people use in order to cope with stress, trauma, pain and natural changes that are experienced through changes in life. Coping mechanisms may be both negative and positive.

Couch surfing

This is when survivors of abuse are forced to find temporary place to stay with friends and family members (sometimes even strangers). Couch surfing can also have dangerous undercurrents, from sexual assault to violence.

Covert

Something hidden. Anything which is not openly acknowledged or displayed.

Covert narcissism

An individual who has Narcissistic Personality Disorder (NPD) but does not display the grandiose sense of self-importance usually associated with the condition.

Credible evidence

This refers to evidence that is likely to be believed. That is, the available facts, when viewed objectively with the surrounding circumstances, would cause a reasonable person to believe that an event has occurred.

Criminal accountability

The concept that certain prohibited behavior can violate criminal law and consequently lead to a criminal trial / procedure, before an established judicial system.

Criminal contempt

This refers to the disobedience of an order of the court, which carries criminal penalties.

Criminal harassment

This prohibits repeated acts that cause a person to fear for their safety; which may escalate into physical injury or assault.

Cross petitions

This is when a defendant in one legal case makes a claim against another party involved in the case.

Cross examination

This refers to the act of the opposing party questioning the witness during a trial. The cross examination is usually undertaken by an attorney representing the opposing party.

Cultural humility

A process of self-reflection, it involves acknowledging oneself as a learner and becoming open to respectfully learning about, and understanding, another's experience.

Cyber misogyny

This term encapsulates the diverse forms of gendered hatred, harassment and abusive behavior that is directed towards women and girls online. Examples include image-based sexual videos (such as revenge porn), cyberstalking, gender-based hate speech online, child sexual exploitation and the non-consensual sharing of images online.

Cyber stalking

Also known as "online stalking" and "online harassment", it is used to refer to three types of activities: direct communication through email or text / direct messaging, internet harassment, and unauthorized use and control of the victim's computer.

Cycle of violence

This refers to the repetitive nature of the abuser's actions that hinder the ability of the victim to leave an abusive relationship.

D

Date of occurrence / incident

The specific date, including a period of several dates, in which the incident occurred; or the date on which the reported breach of The Jugnu Project Standard of Conduct took place.

Dating violence

Violent or intimidating behaviors that are perpetrated by a current or previous boyfriend, girlfriend, date, or partner you may be dating.

Dark triad personality traits

These traits include narcissism, Machiavellianism and psychopathy. They are considered to be the darkest types of human traits that are usually harmful for those surrounding the person containing them.

Denial

Refusing to admit the truth, or face an unpleasant reality.

Dependancy

Emotional detachment is the inability or unwillingness to attach to people on an emotional level.

Detachment

Emotional detachment is the inability or unwillingness to attach to people on an emotional level.

Devaluation

This is the subtle method in which the victim, once idealized and worshipped, is slowly devalued. This may happen via putdowns, gaslighting, projection and other forms of emotional abuse.

Disability

This refers to a limitation, restriction, impairment, disease, or disorder that has lasted, or is expected to last, for 6 months or more, and which restricts us from everyday activities.

Discard

When the victim can no longer fulfill the narcissist's "love supply", the latter will usually "discard" the victim for another one. The narcissist will either disappear or orchestrate their own abandonment using deep emotional abuse.

Disciplinary action / measure

A reprimand or action in response to employee misconduct, rule violation or poor performance.

Discrimination

This is behavior that results from prejudiced attitudes from individuals and institutions, that result in unequal outcomes for people who may be perceived as "different". It includes, but is not restricted to, the denial of equal treatment, civil liberties and opportunities to individuals and groups with respect to education, accommodation, health care, employment and access to services, goods, resources and facilities.

Dissociation

A coping strategy to manage overwhelming experiences. If a situation becomes truly unbearable, a person may dissociate from their surroundings in order to protect themselves from whatever they are experiencing. When a person dissociates, one or more pieces of information are cut off from the self, resulting in a fragmented sense of awareness. It can lead to additional harm and increase one's vulnerability if an individual turns to it as a well-practiced, regular strategy.

Distortion

A manipulation tactic in which the abuser twists or "distorts" information or events to suit their own narrative, or to gain an advantage over others.

Diversionsary tactics

A set of tactics used by abusers to deflect attention away from their own wrongdoing, or to shift the blame on to others.

Divide and conquer

A strategy used by narcissists to assert control over others, especially their own family, by creating divisions among the ranks.

Domestic homicide

A domestic homicide is when a person kills a family member, or another person, in a domestic / intimate relationship.

Domestic violence

A set of violent or intimidating behavioral patterns, usually perpetrated by current or former intimate partners / spouse, where they exert power or control over the victim / survivor, usually through fear. It can include physical, emotional, psychological, and sexual abuse.

Domestic Violence Court Program (DVCP)

A domestic violence court program can help the justice system respond to domestic violence with a more collaborative approach.

Domestic violence intervention

This is behavior that results from prejudiced attitudes from individuals and institutions, that result in unequal outcomes for people who may be perceived as “different”. It includes, but is not restricted to, the denial of equal treatment, civil liberties and opportunities to individuals and groups with respect to education, accommodation, health care, employment and access to services, goods, resources and facilities.

Domestic violence prevention

Actions taken to prevent onset or repetition of domestic violence. It includes activities that promote safe and healthy relationships and behaviors.

Dominance

The desire to dominate, or control, others.

“DoNF”

Acronym for “Daughter of Narcissistic Father”

“DoNM”

Acronym for “Daughter of Narcissistic Mother”

Drug facilitated sexual assault

This takes place when control substances, such as alcohol or drugs, are used to incapacitate another person in order to perpetrate non-consensual sexual assault. There are two types of drug facilitated sexual assault:

- a. Proactive – When the perpetrator puts drugs or other control substances in the victim’s food and/or drink, in order to inebriate and incapacitate them.
- b. Opportunistic – When the perpetrator targets an already inebriated or incapacitated person.

Dual arrests

When a police officer arrests both parties in a domestic violence situation because the officer is unable to determine the predominant aggressor, or believes both parties have committed an intrafamily offense.

Dysregulation

Emotional dysregulation is the inability to manage one’s emotional states. It may be characterized by marked fluctuations in mood.

E

Economic abuse / financial abuse

A common type of abuse in domestically violent relationships, this is when a person uses money and/or property to control another.

Echoism

A personality trait characterized by low assertiveness and a tendency to put others' needs before one's own. This is usually found in victims of narcissistic abuse.

Ego

A person's sense of self-esteem and self-importance.

Elder abuse

This refers to physical, emotional, and financial abuse / harm done to old people.

Emergency Temporary Protection Order (ETPO)

It is issued by a judge, usually at the request of law enforcement officer. They are typically granted in domestic violence cases, on an expedited basis without giving notice to the other party. In this case, the victim is asking for a temporary restraining order that can only be issued by a law enforcement official. While notice to the abuser is not required, they must be served with the order.

Emergency / Temporary Shelter

A shelter or (temporary) housing that is provided during a transitional period; such as when survivors of domestic violence require temporary shelters when they escape from their abusive environment(s).

Emotional abuse

These are a combination of behaviors and actions that are perpetrated in order to manipulate, control, isolate or intimidate, and which are used to cause emotional harm or fear to the victim / survivor. Some examples include constant criticism, blaming and shaming, verbal assault and using belittling language.

Emotional blackmail

A tactic used by abusers to threaten or coerce others into doing what they want by using guilt, fear or negative emotions.

Emotional manipulation

A tactic used by abusers to threaten or coerce others into doing what they want by using guilt, fear or negative emotions.

Emotional masochism

A type of behavior where the person deliberately inflicts emotional pain on themselves, without the desire to stop.

Empath

An individual who is highly attuned to the feelings and emotions of those around them.

Empathy

The ability to understand and share the feelings of others.

Empathy deficit

This is when an individual lacks empathy or the ability to understand or care about others' feelings or experiences.

Enabler

An enabler is anyone who supports or facilitates a particular behavior. In this context, it is usually the spouse, partner or parent of a narcissist. They perpetuate the grandiose persona of the narcissist, usually absorbing the abuse and excusing it in front of others. They avoid conflict and may sometimes attack while simultaneously seeking encouragement, affection or money. They may be under the delusion that they are the only one(s) who understand the narcissist.

Enmeshment

A concept in psychology, it refers to family dynamics where personal boundaries between family members are diffused; sub-systems within the family are undifferentiated and the overt concern for family members causes major loss of autonomy for the individual. It creates an environment where individual identities are compromised. This is a tool used by narcissists to control and manipulate members of the family.

Entitlement

A sense of entitlement or a belief that one is deserving of

Equality / equity

Equality entails principles of impartiality and sameness of treatment of all people, regardless of individual and/or group diversities.

Evidence

Information which tends to establish or disprove facts material to a case.

Experts on mission

These are personnel that work with The Jugnu Project (TJP) and have the status of “expert” in their particular field. They may include military experts, civilians and government-provided experts.

Exploitation

A behavior common in abusers, where the individual takes advantage of others for their own gain, often without regard for their well-being or feelings.

Exploitative relationship

A relationship that may constitute sexual exploitation; which may include an actual or attempted abuse of a position of vulnerability, differential power or trust, for sexual purposes, including but not limited to profiting momentarily, socially or politically from the sexual exploitation of another.

External validation

A need for validation from external sources. It is often a sign of low self-esteem and is a common trait in narcissists.

F

Failure to protect

A form of child neglect, it implies that the neglecting parent failed to protect the child(s) from sexual, physical, emotional or psychological harm when it was possible to do so. However, it must be used with caution, as the protecting parent may themselves be a victim of domestic violence.

Faithism

The cultural, institutional and individual set of practices and beliefs that assign different values to people, according to their religion, creed, or lack thereof; thereby resulting in differential treatment as a result.

Family

A family is a group of people that may be living together. They consist of partners, lovers, spouses, grandparents, parents and children, etc.

Family courts

These are courts that are specially authorized to decide cases of family law, including domestic violence, divorce / khula and child custody.

Family violence

Violent and/or intimidating behaviors against a person, perpetrated by a family member, including a current and/or previous partner / spouse. It is considered to be any form of abuse, mistreatment or neglect that a child or adult experiences from a family member, or from someone whom they have an intimate relationship. Family violence encompasses a broad range of extensive family and kinship relationships, that may involve violence and abuse of different types.

Fauxpology

The term refers to “false” apology(s), as narcissists / abusers rarely accept that they are in the wrong, nor do they feel bashful for their actions and/or words. It typically contains phrases such as, “I’m sorry if you were offended” or “I’m sorry you think I’m such a disappointment as a mother”, etc. Such phrasing usually protects the abuser from taking any blame for their actions. Such an apology is usually meant to deflect, induce guilt or antagonize.

Fearmongering

The ability to understand and share the feelings of others.

Female Genital Mutilation (FGM)

This refers to any and all procedures involving partial or total removal of the external female genitalia, or other injury to the female genital organs, for non-medical reasons.

Femicide

The intentional killing of women and girls because of their biological sex. Femicide can include various forms, such as:

a. Intimate Femicide: The killing of women and girls by current or former partners, or family members.

b. Non-intimate Femicide: The killing of women and girls by someone who does not have an intimate relationship with them (such as serial killings motivated by misogyny).

c. Murder in the name of “Honor”: The killing of women and girls due to a smirch on the honor of the family / patriarch, due to their lived experience(s) being judged as a violation of gender, family and social expectations and boundaries.

d. Female infanticide and gender-based sex selective Femicide: this is the practice of killing female infants and fetuses because they are biologically female.

e. Dowry related Femicide: The killing of a girl / woman by the groom’s family for dowry

f. Organized crime related to Femicide: This refers to the killing of women, girls and children associated with gangs, drugs, human trafficking and/or gun proliferation.

Feminism

“A movement to end sexism, sexist exploitation, and oppression...”
– Bell Hooks

Femme

This refers to an identity that encapsulates femininity, but which is dislocated from, and not necessitating, a female body / identity. It refers to femininity that is embodied by those whose femininity is deemed to be culturally unsanctioned.

Felicide

A homicide where a parent or step-parent kills a child.

Fetishization

An obsessive or excessive admiration for a specific attribute or trait.

Financial abuse

Also known as economic abuse, this is a tactic used by abusers to control the victim by preventing access to money or other financial resources.

Fixation

An intense and obsessive preoccupation with a person, object and / or an idea.

Flashbacks

A sudden, clear memory of a past time or event; usually one that was bad. Traumatic memories are not stored the same way as normal memories, which is why many people suffering from trauma have fragmented memories. They are usually not accessible in their entirety and for people with PTSD / CPTSD, it can be a painful experience when these memories come flooding back due to a trigger.

Flying Monkeys

This is a term that refers to the “enablers” who help the narcissist / abuser in their abuse. They usually do it to avoid being targeted themselves, and / or to benefit from a certain level of bestowed privilege.

Fractured identity

This is a term used to describe the fractured (or inconsistent) sense of self seen in many individuals who may have been victims of narcissistic abuse.

Future faking

This is a manipulative technique used by narcissists to control their victims; by making vivid promises about the future, which they have no intention to keep.

G

Gaslighting

This refers to attempts made by an abuser to make the victim question their own reality. This involves undermining the victim's self-trust and judgement. The intent is to neutralize the victim's ability to accuse and criticize the abuser's way of viewing things, in order to maintain control over them. Gaslighting involves manipulation, fabrication and deception that specifically relies on his victim's trust in him as a peer or authority in some sense.

Gender / Gender norms

Gender refers to behavioral stereotypes that dictate how men and women must behave in society. Social norms can vary, depending on culture, and may change over time. Gender norms can contribute to power imbalances at home, at work and within the society.

Gender-based violence (GBV)

This particular type of violence occurs within women's and girls' subordinate status in society. It serves to maintain the status quo and this unequal balance of power. The term may sometimes be used interchangeably with "violence against women". The existence and impact of gender-based violence are connected with other systems of inequality and/or violence. While gender-based violence can happen to anyone, anywhere, it is mostly aimed at women and girls; who are particularly vulnerable.

Gender equality

This means that men and women enjoy the same rights and conditions in order to fully realize their human rights. Additionally, it also encapsulates their potential to contribute to national, potential, economic, social, and cultural development.

Gender equity

This is the process of being fair to both men and women by ensuring that fairness, strategies and measures are available to compensate for historical social injustices and provide opportunities to create equity.

Ghosting

Ending a personal relationship with someone by suddenly, and without any explanation, withdrawing from all communication.

Golden child

In toxic families, this is the child singled out for favoritism and special privileges, compared to other children. They may get more attention, be held in higher regard and may even be excused from certain responsibilities, etc. Such favoritism is usually at the direct expense of the scapegoated child.

Grandiosity

An unrealistic sense of superiority or greatness, in which the individuals believes themselves to be unique and better than others. It also manifests itself in disdain for people considered to be inferior (by way of social class, intelligence and beauty, etc.)

Grey rock method

This is a boundary-setting technique, in which the victim of abuse makes themselves dull and nonresponsive to the narcissist and their enablers. They entirely stop sharing their thoughts and feelings, nor do they react to any kind of antagonism or manipulation. They make themselves of no interest to the narcissist abuser.

Grooming

This is when someone (usually an adult) builds a relationship, and creates trust and an emotional bond with a child, minor or young person in order to manipulate, exploit and abuse them.

Grudges

A common trait in abusers, in which they hold on to resentments or grudges for a long time; often using them as a weapon to punish or control their victim(s).

Guardian Ad Litem

This is a person appointed by a court to look after and protect the interests of someone who is unable to take care of themselves; who may typically be a minor or someone who is determined to be legally incompetent.

H

Harassment

An exercise of power, it is the persistent behavior that conveys any action that is aimed to make an individual, or a certain group, feel humiliated and intimidated. Harassment could include name-calling, derogatory remarks and jokes, slurs, graffiti, insults, threats, rudeness and even verbal and physical abuse.

Hate crime

This refers to criminal acts promoting hatred against certain groups of people, motivated by bias, prejudice or hate.

Healing-centered approach / engagement

A healing-centered approach is holistic, where culture, spirituality, civic action and collective healing all come into play. It views trauma not as an individual, isolated experience; but rather highlights the ways in which trauma and healing are experienced collectively.

Healthy relationship

People in healthy relationships feel valued, respected and treated like equals. Healthy relationships allow both partners to feel supported and connected, but still feel independent. The three major components of a healthy relationship are strong boundaries, open communication and transparency, and trust.

Heteropatriarchy

This term refers to social systems in which patriarchy and heterosexuality are perceived as normal, and other forms are considered as being abnormal, abhorrent and at odds with society.

High conflict personality

This is a term used to describe individuals who have a pattern of consistently engaging in conflict or drama.

Histrionic personality disorder

A personality disorder which is usually characterized by excessive emotionality, attention-seeking behavior, and an exaggerated need for approval and attention.

Homelessness

This is when an individual or family are without the safety of stable and permanent housing, or the immediate means of acquiring it. Homelessness may be visible – such as sleeping outside or in an emergency shelter; hidden – such as, sleeping at a friend’s house, or engaging in survival sex for housing; or the housing in question could be unsafe and/or unaffordable. Both violence and discrimination contribute to increased vulnerability to homelessness.

Hoovering

Since narcissists are, by nature, pathologically self-centered and cruel, they tend to ultimately make those around them miserable, and eventually drive many people away. When this does happen, after some time, the abuser may try to “hoover” back into the victim’s life. This is because they need narcissistic supply to exist. Abusers will tend to use various manipulative techniques to Hoover back, including promising to reform their behavior, or even bringing money and / or gifts for the victim. Sometimes, they may simply try to carry on and continue with the relationship as if nothing happened.

**Hotline /
helpline**

A telephone number that allows a person wishing to report a wrongdoing, to easily do so. It may be complimented with other technology-based mechanisms, including but not limited to an online request form or email address.

**Hostile
attribution bias**

A cognitive bias that is commonly found among narcissistic abusers, where they interpret ambiguous social cues or actions from others as hostile or threatening; often leading to aggressive or defensive behaviour.

Hubris

Excessive pride or arrogance; a trait that is commonly found in people with narcissistic personality disorder (NPD).

Human rights

Human rights affirm the right of every individual to live and work without discrimination and harassment. Human rights are often guaranteed by law, in the forms of treaties and legislative acts and other sources of national and international law.

Human rights accountability

The measures taken to acknowledge, assume responsibility for and redress human rights violations.

Human trafficking

This is the unlawful act of transporting, or coercing, people in order to benefit from their work or services; usually in the form of labor or sexual exploitation. Internationally recognized as a human rights violation, human trafficking has, according to UN definitions, the following elements:

- a. The act** - of recruiting, transporting, sheltering or receiving people
- b. The means** - through the use of force, coercion, fraud or deception
- c. The purpose** - for sexual exploitation, forced labor, or organ removal

Human rights violations

State transgressions of the rights guaranteed to individuals by the national, regional and international laws. They may include acts and / or omissions by the State itself, involving failure to implement legal obligations under global human rights standards.

Hyper-independence

This is characterized by an individual's excessive self-reliance and avoidance of seeking help from others.

Hypersensitivity

A trait common in many narcissists, where they are overly sensitive to criticism or perceived slights, often responding with defensiveness or aggression.

Hyper-sexualization

This is the attribution of sexual or erotic characteristics to someone or something to an extreme, or an inappropriate degree. A person suffering from narcissistic personality disorder (NPD) may experience an inflated sense of sex appeal, have an exaggerated idea of their sexual prowess or only care for their own sexual satisfaction.

Hypervigilance

This refers to a state of heightened awareness, and an increased sensitivity to any and all perceived threats in one's immediate environment. To cope with the constant abuse, survivors normally become hypervigilant to threat or attack. This causes them to always be on guard, seeking to anticipate (and potentially avoid being in) the line of fire. Hypervigilance drains the body's natural defense system by constantly overloading it. It may lead to CPTSD and illness. Narcissists are hypervigilant themselves to anything that may trigger their narcissistic injury.

I

Idealization

Victims in intimate partner relationships with narcissistic abusers often describe otherworldly experiences in the initial stage of their relationship, as they are often love bombed; with the abuser confessing their “love” early on. Similarly, narcissistic parents may idealize the “golden child”, while devaluing others. Usually, the pattern of idealization is followed by devaluation and, oftentimes, discard.

Identity diffusion

A lack of a stable identity or sense of self.

Illicit

Anything that is forbidden by laws, rules or custom(s).

Image-based abuse

This is when an abuser shares, or threatens to share, an intimate image(s) or video(s) of a person without their consent. This is a violation of privacy. This also falls under Technology-Facilitated Abuse.

Impulsivity

This is the tendency to act without thinking. It is a trait common in narcissists, where they act without thinking; often engaging in reckless activities or behavior and disregarding the consequences.

Incest

Anyone who gets involved in a sexual activity with a person they are related to commits incest. This includes sexual activity with people they may be too closely related to, such as with a parent, child(ren), grandparent(s), cousin(s) and grandchild(ren), etc.

Informed consent

A core principle in medical care and ethics, it states that an individual should have sufficient information and understanding about a particular topic before making decisions about their care.

Insecure attachment

A pattern of insecure attachment to others, where the individual may struggle with trust, emotional intimacy and vulnerability.

Inter-dependence

The dependence of two or more people, or things, on each other.

Inter-generational trauma

The transmission of historical oppression and the collective, complex trauma that is passed down through generations. It consists of the legacy of numerous traumatic events that a community experiences over generations, which encompasses the psychological and social responses to said experiences.

Intermittent reinforcement

This is a pattern of cruel treatment, sprinkled with random bursts of love and affection. It causes the victim to perpetually seek out the abuser's affection, while settling for crumbs of affection; in the hope that they would return to the idealization phase of the relationship.

Internalized misogyny

This is characterized by an individual's excessive self-reliance and avoidance of seeking help from others.

Internalized oppression

This refers to when individuals, or certain groups, accept negative stereotypes that are foisted upon them by a dominant group. This can result in self-hatred, self-concealment, fear of violence, feelings of inferiority and isolation.

Interpersonal violence

Violence between individuals, which can be further subdivided into family and intimate partner violence and community violence.

Intersectionality

The concept of intersectionality describes the ways in which systems of inequality based on gender, race, ethnicity, sexual orientation, gender identity, disability, class and other forms of discrimination "intersect" to create unique dynamics and effects.

Interview

This is usually a structured conversation, where one participant asks the questions and the other provides the answers.

Interviewee

The person being interviewed.

Interviewer

The person conducting the interview.

Intimacy avoidance

The degree to which an individual withdraws from close emotional contact, from a relationship / intimate partner. In narcissistic relationships, this is characterized by the gradual withholding of true intimacy, despite the presence of typical relationship activities.

Intimate Partner

This can broadly be defined as a person with whom one has a close personal relationship; which may be characterized by emotional connecting, ongoing physical contact and / or sexual behavior.

Intimate Partner Homicide (IPH)

A homicide where the victim and offender have a current / former relationship. This includes same-sex and extra-marital relationships.

Intimate Partner Violence (IPV)

Similar to domestic violence, this refers to violence and abuse that is meted out by a current / former / co-habiting partner or spouse. It is one of the most common forms of abused faced by women within relationships, and it includes physical, sexual and emotional abuse, along with controlling behaviors (such as coercive control) by an intimate partner. Although women can also be violent in relationships, the most common perpetrators are usually men against women.

Intrafamily Offense

Any offense, punishable as a criminal offense, carried out against an intimate partner, a family member or a member of the household.

Intrusiveness

A behavior in which the abuser invades the victim's personal space, boundaries or privacy; often to gain control or to intimidate them.

Invalidation

A tactic used by abusers to dismiss, undermine or negate the feelings, thoughts or experiences of their victim, often causing them to doubt their own worth or reality.

Investigation

The act of processing and examining a crime, problem, and/or accusation etc. carefully; especially to discover the truth.

Investigative authority

Refers to one or more trained individuals appointed to conduct a formal investigation to discover the examine the facts of an allegation; and conclude whether the allegation is substantiated or unsubstantiated, or if there is sufficient information.

Investigation report

A document that provides the details of the findings of the investigation.

Investigator

A person who carries out a formal inquiry or investigation.

J

Jealousy

Victims in intimate partner relationships with narcissistic abusers often describe otherworldly experiences in the initial stage of their relationship, as they are often love bombed; with the abuser confessing their “love” early on. Similarly, narcissistic parents may idealize the “golden child”, while devaluing others. Usually, the pattern of idealization is followed by devaluation and, oftentimes, discard.

Jekyll and Hyde Personality

A term used to describe the two-faced and unpredictable behavior of abusers, who can switch between charming and loving to cruel and abusive in an instant.

Joylessness

A trait common in abusers, where they lack the ability to experience joy, pleasure or genuine emotions; often masking their inner emptiness with grandiosity or manipulation.

Judgmental attitude

A characteristic where the abuser is critical and dismissive of others’ opinions, behaviors or choices; often feeling superior or entitled to judge them.

Justice System

“This refers to the institutions that are central to resolving conflicts arising due to alleged violations, or different interpretations of the rules that societies create to govern members’ behavior. They are central to strengthening the normative frameworks that shape the public and private sectors.” - World Bank.

Justification

A tactic used by abusers to rationalize, excuse or justify their abusive behavior; often blaming their victim(s) or even external circumstances.

K

Karpman Triangle drama

A model used to describe the roles of victim, rescuer or perpetrator in dysfunctional relationships.

Know-it-all attitude

A term used to describe the two-faced and unpredictable behavior of abusers, who can switch between charming and loving to cruel and abusive in an instant.

Kowtow

A trait common in abusers, where they lack the ability to experience joy, pleasure or genuine emotions; often masking their inner emptiness with grandiosity or manipulation.

L

Lateral violence

This is displaced violence; usually directed towards one's own family members, or members within a marginalized or oppressed community, rather than towards the systems of oppression.

Lethality assessment

Several risk factors have been associated with the increased risk of homicide in domestically violent relationships. A lethality assessment / screening is a way for first responders to a distress call to ascertain the level of the emergency.

Limerance

Having an intense longing for someone, when they don't fully reciprocate. The "limerant" person struggles to think about anything other than their 'crush', to the point where they may start neglecting their social life and other responsibilities.

Loss of Self

A trait found in some victims of narcissistic abuse, where they lose their sense of identity, autonomy and self-worth due to the constant invalidation, criticism and control by the abuser.

Love bombing

A form of manipulation, where the abuser showers the victim with excessive affection, attention and praise; in order to control or exploit them.

M

Malafide

Any action that is contrary to the purpose for which it is authorized to be done. It is an action that is done in dishonest faith and intent.

Malicious

Anything done with malice or evil design. It may manifest as a desire to cause another pain or suffering, for sheer enjoyment.

Malignant narcissist

A severe form of narcissism that combines traits of narcissism with antisocial, sadistic or paranoid traits; often resulting in extreme cruelty, manipulation or violence towards others.

Manipulation

A tactic used to control, influence or deceive others for their own benefit; often using charm, guilt, fear or intimidation.

Marginalization

A process that prevents a group of people, or an individual, from having access to all or part of the social, economic, cultural and / or political institutions of a society.

Martyrdom

A behavior common in some victims of abuse, where they sacrifice their own needs, desires or boundaries in order to please or appease the abuser; often believing they are doing it out of love or loyalty.

Masculinities

Similar to gender norms, this refers to culturally constructed social norms for behavior and characteristics specifically assigned to men and boys.

Masking

A behavior in which abusers hide or suppress their true emotions, vulnerabilities or flaws behind a facade of grandiosity, charm or perfectionism.

Media violence

Acts of violence that are virtually perpetrated through various forms of media; including, television, music, video games, music and the internet. Media violence can contribute to aggressive behavior, desensitization to violence and the fear of being harmed.

Minor / child

For the purposes of this resource, a minor is any person under the age of 18-years-old; regardless of the age of majority or consent locally.

Mind reading

The abuser expects the people around him/her to know exactly what he/she is thinking and gets upset when they don't. The abuser may react in an abusive fashion in return for not being "read" by those around them, especially towards those relations that are closer to him since it is safer to do so than in a social environment where there might be negative consequences.

Mirroring

A tactic used by abusers to create a false sense of intimacy or similarity with their victim, often by mimicking their interests, behaviors and / or values.

Misogyny

Refers to hatred or prejudice against women, typically shown by men. As it is a general consequence of patriarchy, the term may be applied to individuals as well as larger systems, socials or cultures.

Motion

Refers to hatred or prejudice against women, typically shown by men. As it is a general consequence of patriarchy, the term may be applied to individuals as well as larger systems, socials or cultures.

N

Narcissism

A personality trait in which a person has a tendency to have an inflated sense of self-importance, entitlement, and grandiosity. Narcissism can manifest in a range of behaviors, such as seeking attention and admiration, lacking empathy for others, and having a sense of superiority over others.

Narcissistic abuse

A form of emotional, psychological, or physical abuse inflicted by a person with narcissistic traits or narcissistic personality disorder, often involving manipulation, gaslighting, and invalidation of the victim's emotions and experiences.

Narcissistic injury

A perceived threat or criticism to the narcissist's self-esteem, ego, or sense of superiority, often resulting in anger, defensiveness, or revenge-seeking behavior.

Narcissistic rage

A sudden and powerful outburst of anger, aggression and violence from an individual . It occurs when the negative feedback received by the narcissist causes them discomfort, activating their defense mechanism. Upon realizing that direct exposure threatens their false image, the abuser will "blow up" to deflect from the underlying issues.

Narcissistic supply

Attention, admiration, validation, or other forms of emotional energy that a narcissist craves and demands from others to maintain their sense of grandiosity and superiority.

Narcissistic triangulation

A tactic used by narcissists to create conflict, jealousy, or competition between two or more people in order to maintain their control or attention.

Narcissistic Personality Disorder (NPD)

A mental health condition which is characterized by a pervasive pattern of grandiosity, need for admiration, and lack of empathy for others, that begins in early adulthood and is present in a variety of contexts.

Neglect

Neglect may take place when an individual, such as a family member, who has a duty of care towards another fails to provide them with their basic needs and requirements. It does not always mean carelessness, but can also imply the omission to do or perform some work, duty or act.

“No Contact”

Going “no contact” with a narcissistic abuser means to break off all contact and blocking off all communication with the abuser. It protects the survivor from further abuse by removing opportunities for the narcissistic abuser to continue taking advantage or to further manipulate the victim.

O

Objectification

Treating a person like an object or possession; rather than as an individual with their own thoughts, feelings and ambitions.

Obsessive-compulsive personality disorder (OCD)

A disorder characterized by excessive preoccupation with control perfection and orderliness. It is often at the expense of personal relationships.

Oppression

An unjust or cruel exercise of authority or power.

Othering

A process of distancing oneself from certain people or groups who are perceived as different, inferior or threatening. This is a tactic often used by narcissistic abusers to assert their superiority and justify their mistreatment of others. It can take many forms, including but not limited to dehumanization, stereotyping and / or exclusion and ostracization.

Over-valuation

This is an idealized or exaggerated perception of someone's abilities, qualities or worth. It can lead to unrealistic expectations, entitlement and even disappointment when the person fails to live up to the idealized image.

P

Parentification

A role reversal, in which a child is expected to take on the responsibilities of a parent. It happens when parents look to the child for emotional and/or physical support; rather than providing it. The child becomes the emotional and / or practical caregiver. It is often a component of narcissistic relationships, where the abusive parent uses this to meet their own emotional needs and / or to step away from their responsibility(s) as a parent.

Pathological lying

A pattern of compulsive or frequent lying, often with no apparent reason or benefit. It may also be a characteristics of people with narcissistic personality disorder, or other personality disorders.

Paternity

The state of being someone's biological father. Paternity is often related to legal matters and / or disputes; in which a man is alleged to be the biological father of a child.

Patriarchy

A social system in which men are the primary authority figures in various areas, including leadership, politics and the control of land and property. It is a system of relationships, beliefs and values, in which structured inequality between men and women is established and institutionalized.

Parricide

The deliberate killing of one's parent or other near relative.

Partner

A person with whom one shares an intimate relationship.

Partner violence

(Intimate) partner violence (IPV) refers to abuse and / or aggression that occurs in a romantic (or intimate) relationship. It may refer to the individual's current and former spouse(s) and dating partner(s).

Perfectionism

A tendency to set unrealistically high standards for oneself, or others; and to be overly critical of mistakes or (any deemed) imperfections.

Perpetrator

Any person, group or institution that directly inflicts, supports and / or condones violence or other abuse against a person, or a group of persons. Perpetrators are usually in the position of real or perceived power, decision-making and / or authority; and can, thus, exert control over their victims.

Petition

A formal application, in writing, made to a court of law or other official body, requesting judicial action of some character.

Petitioner

This refers to the party who presents a petition to the court. On appeal, this is usually the party that lost in the lower courts.

Physical abuse / physical violence

Physical abuse or physical violence refers to the deliberate infliction of pain or injury to another. It may include beating, burning, kicking, punching, biting, maiming or killing - or may even include the use of an object or a weapon.

Poly- victimization

Experiencing more than one type of victimization during one particular stage of life. This may include sexual, physical and / or emotional abuse; among others. While there is a difference between repeated victimization and poly-victimization; they may both be connected in the process of re-victimization.

Post-separation violence

This is a tactic frequently used by abusers to prevent their partners (usually women) from leaving the relationship. Post-separation violence refers to the ongoing, willful pattern of intimidation of a former intimate partner. It may include legal abuse, economic abuse, threats and endangerment to children, isolation, discrediting and harassment and stalking.

Post-traumatic stress disorder (PTSD_

This is a disorder that develops when a person has experienced or witnessed a shocking, terrifying and/or dangerous event. There are three categories of PTSD symptoms:

a. Intrusive re-experiencing - symptoms in which the trauma victim re-experiences traumatic events in ways that may intrude on everyday life.

b. Avoidance - avoiding the “triggers”, such as things or situations, associated with trauma.

c. Hyperarousal - individuals may feel on edge, or as if they always have to be aware of their surroundings.

Power and control wheel

The “power and control wheel” was first developed by the Domestic Abuse Intervention Project. It provides power and control as the main cause of abusive behavior(s) in relationships, and highlights different coercive techniques used by perpetrators of intimate partner violence and abuse.

Power imbalance

Power entails the capacity of an individual or group to influence the behavior of others, even in the face of opposition or resistance. A power imbalance takes place when one partner dominates the decision-making process within the relationship, or otherwise asserts power in ways that disadvantage the other partner and / or are not in the best interest towards achieving an equal partnership. A power imbalance normally occurs in co-dependent or abusive relationships.

Predominant aggressor

Refers to the most significant, but not the first, aggressor in a domestic abuse incident.

Prejudice

Prejudice encompasses both positive and negative attitudes towards an individual or a community; formed without just grounds or sufficient knowledge, which will not be likely to change in spite of new evidence or contrary arguments coming to the surface.

Preserving / safeguarding evidence

This refers to ensuring that evidence, including blood and/or semen samples, that may otherwise be lost due to the passage of time, mishandling, or improper collection / storage, is properly obtained, kept, recorded and preserved. This also includes the recording of identification details for potential witnesses.

Previous partner

Refers to a former spouse or former partner in a long-term intimate relationship or marriage.

Prima facie case / prima facie grounds

A prima facie case is the establishment of a legally required rebuttable presumption. It is a cause of action or defense that is sufficiently established by a party's evidence to justify a verdict in his or her favor, provided such evidence is not rebutted by the other party.

Privilege

This refers to the systematic advantages based on characteristics that are celebrated by society and are consistently preserved through its institutions.

Pro Se

In legal terms, “Pro Se” refers to an individual who represents himself / herself in court when either filing an action, or responding to an action; without the assistance of an attorney or lawyer.

Projection

A defense mechanism in which a person unconsciously attributes their own, unwanted thoughts, feelings or characteristics onto another person. It is often a tactic used by narcissists or abusers to avoid taking responsibility for their own actions, or to manipulate others.

Protection order

A (domestic violence) protection order requires the abuser to cease all abuse and orders the abuser to keep away from the survivor. Under the Domestic Violence Prevention and Protection Act, the penalties for violation include imprisonment of six months to one year, along with a fine of Rs. 100,000/-.

Provocation

Intentionally inciting or provoking a person’s anger or frustration, often used by narcissists to gain control or power over others; or to elicit an emotional response from the other party(s).

Psychological abuse

This is a pattern of abuse and manipulation, and may often involve a phase of “grooming”. It is the intentional usage of words and non-physical action in order to manipulate, hurt, weaken or frighten the other person mentally and / or emotionally. It may also aim to distort or confuse a person’s thoughts and actions within their everyday lives, changing their sense of self and harming their wellbeing.

R

Rage

This refers to an intense and explosive outburst of anger. It is often triggered by a perceived threat to the abuser's sense of control, superiority and / or entitlement.

Rape

Unlawful sexual activity, most often involving sexual intercourse. It is done against the will and consent of the victim; through force, or the threat of force. It may even be done to an individual who is incapable of giving consent, including a minor, or someone without sound mental capabilities, or an individual who is intoxicated.

Rape Culture

This refers to the prevailing societal attitudes that justify, tolerate, normalize and minimize sexual violence against women and girls. These are rooted in rape myths, stereotypes and oppressive beliefs.

Reactive abuse

This is a manipulation tactic, where the abuser tries to flip the narrative onto the abused victim, blaming the latter for being the abusive one in the relationship. When the victim of abuse finally reacts to the abuse they are receiving (via behavior that may be seen as aggressive), the reaction is often used by the abuser to justify their own treatment of them, or to discredit the victim.

Red flag(s)

This is a term used to identify toxicity or abuse in relationships.

Reframing

A cognitive technique in which a person consciously (or unconsciously) changes the meaning or interpretation of a situation or experience. It is often used by abusers and narcissists to gaslight and manipulate others.

Relational aggression

This takes place when one person intentionally harms another's social relationships. It often goes unnoticed, because it is a covert form of manipulation that happens in discreet ways; such as when the abuser tries to intentionally tarnish the victim's reputation.

Relationship trauma

This refers to the trauma that takes place in a close relationship as a result of abuse, abandonment and / or enmeshment.

Relationship violence / abuse

This is a pattern of coercive and abusive tactics employed by one person in order to gain power and control over another person in a relationship.

Remedy

In legal terminology, a remedy is the means by which a person who has been wronged may seek justice and can be compensated for the harm that they have suffered.

Re-parenting

This is when an adult works to meet their own emotional or physical needs, that went unmet as a child.

Reproductive violence / abuse / coercion

Restricting or denying a woman's ability to make decisions about her own body, in an attempt to maintain power and control over the woman. It includes pregnancy coercion, birth control / contraception sabotage, forced abortion, forced sterilization and control of pregnancy options.

Resentment

A feeling of anger, bitterness or indignation towards someone; often caused by perceived injustice or mistreatment. Resentment is common in victims of abuse who may feel trapped and helpless.

Resilience

The ability to withstand adversity and bounce back from difficult life events.

Respondent

This refers to the party against whom a petition is filed, especially one on appeal. A respondent can either be a plaintiff or a defendant from the previous court; as either party may appeal the former judgment - making themselves the petitioner and the other party the respondent.

Revenge porn

This refers to pornographic material that is produce and distributed in order to shame, humiliate or embarrass a person (usually a former partner) without the consent of the subject. The term "non-consensual sexual videos" is used more commonly to describe it.

Revictimization

The experience of victimization at two different stages of life, or during the same life stage; by more than one perpetrator.

Ruminating

A pattern of obsessive, repetitive thinking or worrying. It is often related to past traumas, hurts, regrets or negative experiences. It is common in some victims of narcissistic abuse, who may struggle with self-doubt, guilt or shame as a result of the abuse they have faced.

S

Safe housing

This is emergency, transitional or permanent shelter / housing that is located in a confidential / secret place, and is available to respond to critical situations, usually related to domestic violence.

Safety planning / safety plan

This refers to supporting or empowering victims in developing strategies for their own safety. It is always done in collaboration with the particular victim / survivor, as each individual has their own unique set of hurdles to conquer. The survivor is usually the most knowledgeable about the danger he/she faces.

Scapegoat

A person who is unfairly blamed or targeted for the abuser's problems or failures; often used as a means of deflecting responsibility or avoiding accountability.

Secondary trauma

The emotional duress suffered by an individual when they hear about the first-hand trauma experienced by another.

Self-defense

The use of reasonable force to protect oneself (or members of one's family) from bodily harm by an aggressor, if the defender has reason to believe that they are in danger.

Self-objectification

The mindset by which a person views themselves as an object to be evaluated, used or admired by others. This is a common trait of the narcissistic personality disorder.

Self-sabotage

Any intentional action (or inaction) that undermines people's progress, prevents them from accomplishing their goals and directly interferes with their wellbeing.

Sexism

This is any act or institutional practice, backed by institutional power, that subordinates people because of their gender.

Sexual intercourse

According to law, sexual intercourse is the actual penetration of the vagina, anus or mouth by the penis. Any sexual penetration, however slight, is sufficient to complete the crime of rape.

Sex work

This includes various activities, such as soliciting on the street or in other public areas, nude dancing with or without contact, providing erotic massages, visiting or receiving through an escort service, acting in pornographic movies, animating erotic phone or webcam conversations, and offering specific or specialized services like domination or fetishism. Sex work is diverse and may apply to sexual or erotic activities for payment. It therefore goes beyond prostitution, which exclusively describes the exchange of sexual services for payment

Sex with a minor

Sexual activity with a person under the age of 18-years-old. All sexual activity with a child is prohibited (internationally) regardless of the age of majority or consent within the local population, if said child is under the age of 18-years-old. Such an act falls under rape, and mistaken belief in the age of the child is not a solid defense.

Sexting

Commonly refers to sending messages that are meant to be sexually exciting through text, email or social media. It can also include sending a person sexual images or videos of oneself.

Sexual assault

Any unwanted touching of a sexual nature is sexual assault. It can range from touching of the sexual parts of the body to vaginal or anal penetration. It is an act of power or control over the victim. Feelings associated with sexual assault are those of disgust, shame, humiliation and powerlessness. It not only violates the individual physically, but may also affect a person's sense of safety and their ability to control their own life.

Sexual coercion

Any unwanted sexual activity that takes place after being coerced in non-physical ways. These may include being worn down by the other person, being promised something in return for sexual favors, being threatened with dire consequences unless the required sexual acts are performed, and / or having an authority figure use their influence to pressure the other into having sex.

Sexual exploitation and abuse

According to law, sexual intercourse is the actual penetration of the vagina, anus or mouth by the penis. Any sexual penetration, however slight, is sufficient to complete the crime of rape.

Sexual harassment

Unwelcome sexual advances, request for sexual favors and / or other verbal or physical conduct of a sexual nature. It is often used as a way of controlling the other person. It may include threats, false sexual comments (rumors) about the person, remarks about a person's sexual identity and / or the display of demeaning pictures.

Sexual violence

This refers to any form of violence, whether physical or psychological, that is carried out through sexual means, or even by targeting the victim's sexuality.

Shadow Work

Working with your unconscious mind in order to uncover the parts of yourself that you may hide and suppress from yourself. It is usually practiced when healing from trauma.

Shame

A painful emotion that includes feelings of worthlessness, failure, self-loathing, humiliation and self-condemnation. These are feelings of inadequacy, resulting from internalized negative self-beliefs. It is a tactic frequently used by abusers to ensure that the victim is unable to leave the abusive relationship.

Shelter

A shelter is any place that affords protection from danger. A domestic violence shelter is a safe places where survivors can get help and temporary housing.

Siblicide

The killing of a sibling(s).

Silent treatment

This is a form of emotional abuse in which the abuser completely withdraws from all avenues of communication or interaction with the victim, as a form of punishment, control and / or manipulation.

Smear campaign

A coordinated effort by the narcissist / abuser to spread false or negative information about a person in an effort to isolate, discredit or control them.

Social exclusion	A process whereby certain groups are systematically disadvantaged on the basis of their ethnicity, race, religion, gender, caste, age, sexual orientation, HIV status and / or migrant status.
Social justice	Refers to justice in terms of the distribution of wealth, resources and opportunities within a society.
Socioeconomic disadvantage	Living in less favorable social and economic circumstances than others in the same society.
Solicitation of transactional sex	This refers to the exchange of money, employment, goods or services in exchange for sex and sexual favors, including other forms of derogatory, humiliating or degrading behavior.
Source	A person (or a group of persons), an institution, organization or other entity that provides information regarding a domestic violence incident and / or survivor.
Spiritual abuse	This includes using a person's spiritual or religious beliefs in order to manipulate, dominate or control them. It may also include preventing someone from engaging in spiritual or religious practices, or ridiculing their beliefs.
Splitting	A defense mechanism whereby a person sees things only as either good or bad. It is often used by narcissistic abusers to discard others after they fail to meet their expectations or serve their needs.
Spousal abuse	This refers to the physical, sexual, emotional, psychological and / or financial abuse that a person may experience at the hands of a current or former marital, common-law or same-sex partner or spouse.
Stalking	Repeated unwanted attention that causes a person to fear for their own safety, or for the safety of someone that they know. It can include forms of actions that do not include overt threats of physical violence.
State violence	The use of legitimate governmental authority in order to cause unnecessary harm and suffering to groups, individuals and states.

Stereotype	A widely held but fixed and oversimplified - and usually unjust - mental image of a person or thing.
Stonewalling	This term refers to cutting off all communication with someone. It is a tactic used against abusers, in order to set free of their abuse.
Strangulation	The obstruction of blood vessels and / or airflow in the neck, resulting in asphyxia. In the context of intimate partner violence (IPV), it is a deliberate act of applying force to the neck in order to cut off the air supply to and from the brain of the victim.
Structural inequality	This refers to the hierarchial relations that are embedded within the organization of a society and its dominant institutions. They may be arranged in a way that reinforces the dominant and subordinate statuses conferred to individuals within the society, or to the roles, opportunities, resources or identities they hold.
Structural violence	Refers to the physical and psychological harm that results from unjust and exploitative political, social and economic systems.
Subject (of an investigation)	Any individual or entity that is being investigated for a possible criminal activity(s), but is not the primary focus of an investigation.
Substantiated	To show something to be true or to prove a claim with facts and evidence.
Survivor	Any individual can be a survivor of interpersonal violence regardless of age, race, economic status, gender, religion, sexual orientation or ethnicity. The term “survivor” reflects the reality that many abused individuals cope and move on with personal strength, resourcefulness and determination.
Survival sex	This refers to the use of transactional sex, by people who are homeless or otherwise disadvantaged in society, in return for food, shelter, medicinal drugs or other basic necessities.
Systemic discrimination	The institutionalization of discrimination through specific policies and practices, which may appear neutral on the surface but which have an exclusionary affect on certain groups.

T

Technology-facilitated abuse

This is emergency, transitional or permanent shelter / housing that is located in a confidential / secret place, and is available to respond to critical situations, usually related to domestic violence.

Temporary Protection Order (TPO)

This is an order issued by a judge that requires one person to stay away from another after an allegation of an intrafamily offense. These protect victims of domestic violence from further violence at the hands of the alleged offender.

Threat assessment

The practice of determining the seriousness and credibility of a potential threat, along with the probability that the threat may become a reality.

Trafficking

The activity of buying or selling of goods and people illegally.

Trafficking of a person for sexual exploitation

The recruitment, transportation, harboring or receipt of persons, by means of a threat or by the use of force or other forms of coercion, including abduction, fraud, deception and / or the abuse of power against the vulnerable, or of the giving and receiving of payments to achieve the consent of the person having control over another person, for the purpose of sexual exploitation.

Transactional sex

The exchange of money, employment, goods and services for sex, including sexual favors and other forms of humiliating, degrading or exploitative behavior.

Transitional housing

This refers to supportive - yet temporary - accommodation that is meant to bridge the gap from homelessness to permanent housing by offering structure, supervision, support, life skills and (in some cases) education and training.

Trauma

This refers to a very severe shock or upsetting experience. The exposure to any traumatic situation or event can affect one's ability to cope.

Trauma-bonding

A form of emotional attachment that can develop between a victim and the abuser due to intense emotional experiences, often involving abuse, that can lead to a false sense of dependence, loyalty or even love.

Trauma-informed approaches

This refers to policies and practices that recognize the connections between violence, trauma, negative health outcomes and behaviors. They are based on four different approaches: (1) understanding trauma and violence, and their impact on people and behaviors; (2) creating emotionally and physically safe spaces, (3) fostering opportunities for choice, collaboration and connection, and (4) providing a strength-based and capacity-building approach to clients' / survivors' coping and resilience.

Trauma - informed services

Refer to "trauma-informed approaches" above.

Triangulation

This is a tactic used by narcissistic abusers in order to create conflict and exert control between two or more people, by playing them against each other; or by making them form alliances against each other.

Trigger

Anything that consciously or subconsciously reminds a survivor of the past abuse they may have faced. A trigger can be like a sudden flash of memory and may even put a survivor right back in the middle of terror as when they first experienced the incident.

V

Verbal abuse

This is a type of psychological or emotional abuse that used language and communication in order to cause harm. It includes insults, name-calling, put-downs, criticizing and other demeaning language; designed to bully, intimidate, frighten, humiliate and degrade and diminish the victim's sense of self-worth and safety.

Vicarious trauma

This refers to a negative response to trauma exposure, and can include a range of psychosocial symptoms.

Victim / survivor

Historically, the term "victim" has been used to describe a person who has suffered abuse. However, the negative connotation of the term victim caused many advocates to switch to the word "survivor", as it is more empowering and healing. A person who identifies as a survivor may not see themselves as a victim, since they have gained strength through their process of healing.

Victim blaming

This refers to the act of devaluation when the victim(s) of a crime(s) is held responsible (in part or whole) for the crime(s) that have been committed against them.

Violence against women and girls (VAWG)

The United Nations defines violence against women and girls as "any act of gender-based violence that results in physical, sexual or mental harm or suffering to women and / or girls, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life".

Vulnerable gender

This refers to women, children and persons belonging to, or perceived as belonging, to groups that are in a disadvantaged position within society or marginalized.

Vulnerable groups

This refers to a population within a country or society that is at a higher risk of falling into poverty than others living in areas targeted by a project. They may include the elderly, minors, those who are differently abled and women and girls; among others.

W

Walking on egg shells

This is a phrase used to describe the feeling of living in constant fear or anxiety around a narcissistic person, often due to the unpredictability of their behavior, reactions or outbursts.

Whistle-blower

Any person who informs on another person, or an organization, doing work(s) that is regarded as engaging in an unlawful or immoral activity.

Witch hunt

A term used by narcissistic abusers to describe any attempt by others to hold them responsible for their actions, or to expose their wrongdoing; often with the goal of discrediting or undermining the credibility of those who speak out against them.

Withholding

This is a tactic used by narcissistic abusers to punish or control others by denying them something they want or need, such as attention, affection or love.

Witness

Any person who observed, or has direct knowledge, of an incident under investigation.

Workplace violence

The exercise of physical force by a person against a worker, in a workplace, that causes or could cause physical injury to that worker.

Wounding

This is a term used to describe the emotional impact of narcissistic abuse on a victim, which can cause deep-seated emotional pain, feelings of worthlessness, and a loss of one's sense of self.



Xenophobia

An unreasonable fear or hatred of foreigners or strangers, their culture(s) and customs.

Y

Yellow flag

A term used to describe warning signs or behaviors in a relationship that suggest the presence of narcissistic abuse or manipulation.

Yielding

A term used to describe the submissive behavior that is often displayed by victims of abuse; who may feel compelled to give in to the demands of the abuser in order to avoid conflict or further abuse.

Yo-yo effect

A term used to describe the repetitive pattern of abuse followed by apology, which is common in abusive relationships; where the abuser keeps switching between cruelty and kindness towards the victim, in order to keep them off-balance and dependent on the abuser.

Z

Zero-empathy

A term used to describe the lack of empathy or compassion exhibited by the narcissist towards others. Such abusers may be unable or unwilling to understand the feelings or perspectives of others; and may view others solely in terms of their own needs and desires.

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