

# Gut Punching

cathartic  
but not fav

**Aggressive Deceit**

**Aggressive Verbal Beat-Downs**

**Crazy Transference**

**OVERT  
MANIPULATION  
&  
THREATS**

**FLIPPING  
FACTS FOR  
EMOTIONS**

**BAITING  
ACCUSATIONS**

**YELLING  
DEMANDS**

**AGGRESSION  
EMOTIONAL  
&/OR  
PHYSICAL**

**ATTACKING  
BOUNDARIES**

**100%**

**ATTACKING  
THINGS  
&  
PEOPLE YOU  
CARE ABOUT**

move to  
playing Dead if  
no other choice