

Defining and Confronting Abuse

Abuse (Latin ab-use) means “using up.” It is a sickness which is literally economic or quantitative by definition, but which manifests figuratively in many subtle ways, too – ways which, ultimately, cause economic loss.

It can be perpetrated either by commission or omission. It is anything that:

<u>Does</u>	<u>Does Not</u>	<u>Does</u>	<u>Does Not</u>	<u>Does</u>	<u>Does Not</u>
Afflict	Relieve	Doubt	Believe	Sarcasm	Sincerity
Agitate	Calm	Embitter	Sweeten	Scatter	Gather
Alienate	Befriend	Estrange	Reconcile	Scoff	Heed
Atrophy	Grow	Evil	Good	Separate	Unite
Attack	Protect	Exhaust	Replenish	Shake	Assure
Begrudge	Forgive	Exploit	Safeguard	Shun	Embrace
Belittle	Edify	Fail	Succeed	Slander	Defend
Bend	Straighten	Fear	Relax	Spend	Save
Betray	Uphold	Foolishness	Wisdom	Stagnate	Progress
Boast	Mute	Force	Invite	Startle	Caress
Break	Mend	Frighten	Console	Steal	Give
Burden	Liberate	Gossip	Attest	Stink	Cense/Scent
Chill	Warm	Grieve	Cheer	Subtract	Add
Confuse	Explain	Harm	Help	Suppress	Allow
Control	Husband	Haste	Patience	Suspect	Trust
Corrupt	Redeem	Hate	Love	Violate	Ask
Criticize	Praise	Hide	Reveal	Weaken	Strengthen
Cruelty	Kindness	Hurt	Heal	Wither	Flourish
Curse	Bless	Ignore	Notice	Withhold	Confide
Darken	Illumine	Impose	Defer	Yell	Whisper
Deaden	Enliven	Impoverish	Enrich		
Decay	Preserve	Inebriate	Sober		
Decrease	Increase	Insult	Honor		
Defile	Clean	Invalidate	Affirm		
Degrade	Beautify	Irritate	Soothe		
Demand	Request	Judge	Discern		
Demolish	Build	Lie	Disclose		
Deny	Confess	Loquacity	Discretion		
Depress	Inspire	Lose	Profit		
Deprive	Provide	Malign	Align		
Despair	Hope	Manipulate	Rest		
Despise	Admire	Minimize	Optimize		
Destroy	Create	Negate	Affirm		
Diminish	Glorify	Neglect	Attend		
Discard	Keep	Obscure	Clarify		
Discourage	Encourage	Oppress	Empower		
Disdain	Thank	Perish	Prevail		
Disintegrate	Integrate	Pervert	Correct		
Disregard	Care	Prevaricate	Resolve		
Dissemble	Assemble	Provoke	Pacify		
Dissent	Harmonize	Push	Offer		
Dissipate	Accumulate	Rebel	Obey		
Distort	Confirm	Reject	Accept		
Distress	Comfort	Revenge	Mercy		
Divert	Direct	Reville	Respect		