



12 Excuses Perpetrators Use To Justify Their Behavior

The following are excuses perpetrators will tell survivors to justify an abusive incident or abusive behavior.

1. “You push my buttons. You know what makes me mad.”
2. “If you didn't like our relationship, you wouldn't stay with me.”
3. “I would never hit you when I am sober. When I’m not using (drugs/alcohol), I wouldn’t hurt you.”
4. “It's just a bad relationship.”
5. “It's just how we communicate.”
6. “I barely touched you. You bruise easily and exaggerate. I'd never hit a woman.”
7. “I have a right to approve of what you do- like working or going to school or who your friends are. After all, everything you do affects us.”
8. “I have the right to break my own things. That's not abuse.”
9. “I can't change until you get help too.”
10. “I guess stress pushes me over the top.”
11. “When I get angry, I have to let off steam. You know better than to stand in my way.”
12. “I certainly can't take my stress out on my professor- it would obviously affect my grades.”

Adapted from CAEPV and When Domestic Violence Comes to Work, published by Intermedia.