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### **Case Study: Abuse**

#### **1. If you were Hailey's friend, what responsibilities would you have for helping her?**

As Hailey's friend, I have a big responsibility to provide her with support and assistance. I think she's too in love or afraid to realize that she's actually in a toxic and abusive relationship, and that is why I would take these steps in order for her to step back on that relationship. I would listen and believe; I would listen to her without judgment and believe her when she discloses the situation that she's living in. I believe it's very important to validate her feelings, so I want to let her know that I am there to support her all the time. Also, I would encourage safety and speak up for herself; I would tell her to communicate to Dan that there are certain behaviors that she doesn't like and look for a way to improve them for the best of the relationship or give him an ultimatum. I would also offer her constant emotional support; abuse can have a profound impact on a person's emotional well-being, so it's very important to offer Hailey emotional support. This may include encouraging her to seek counseling or therapy, offering my company, or simply being there to listen when she needs to talk. Finally, and most importantly, as a friend, I have the responsibility of respecting her choices; it is important to respect Hailey's decisions and choices, even if I disagree with them. I would avoid pressuring her to make a particular choice but instead offer her support and encouragement.

**2. If you were Dan's friend, what might you say to alter his behavior?**

If I were Dan's friend, I would address the behavior in a firm but non-confrontational way. I would be clear and specific about the behaviors I find abusive or unacceptable, and I would use "I" statements to express how his behavior makes me and Hailey feel. Also, I would set boundaries; I would let him know that I'm not planning to tolerate his behaviors toward Hailey and that he needs to stop. I have to be clear about the consequences if the behavior continues, such as ending the friendship. I would also encourage change; I would offer him support and encouragement to seek help to change his behavior; as with Hailey, this might include therapy or counseling. For all of those, I would always stay calm; I would try to avoid escalating the situation, trying not to engage in name-calling or yelling, and trying to keep the conversation about the behavior rather than attacking him directly. Finally, I would hold him accountable if he doesn't take steps to change his behavior; I would hold him accountable for what he is constantly doing, not making excuses just because he is my friend.

**3. How does the concept of reflected appraisal, discussed in Chapter 9, apply to this case?**

We learned that reflected appraisal is a psychological concept that refers to how an individual's self-concept, or self-image, is influenced by the perceptions and evaluations of others. In other words, how a person sees themselves can be shaped by how they believe others see them. In this case in particular, where Hailey is being verbally abused by her boyfriend constantly, the concept of the reflected appraisal has a significant impact on her self-concept and self-esteem.

Since Dan is constantly criticizing or insulting her, she is starting to internalize those negative messages and believes that she is, in fact, worthless or unlovable (In this case, she thinks that she is clumsy). This can lead to a negative self-image and a lack of confidence in herself and her abilities.

Furthermore, if Hailey believes that her boyfriend's opinions are representative of how others see her, she may begin to feel isolated and alone, which can further damage her self-esteem and sense of self-worth.