Quantifying Abuse

Ash

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Updated: October 19th 2026



There was a war fought to bring you this document. Not just by me… generations of women; generations of hurt women. Defiled, raped, abused, ignored. Generations of women who didn't make it.

Generations of women who have been purposefully kept from their job – the most important job in the world; Protecting the children. For more information about Holistic Theories (cognitive bipolarization) see link below.

PACK | Mental Health Program for Executive Dysfunction Support

This has happened systemically as well as in individual cases, the feminine in relationships (male or female) get ritualistically tortured by the masculine (male or female), and society in mass simply turns a blind eye. If you would like to read more about my personal battle – I recorded it all in a set of videos. Link below.

War of the Apes - Timeline | Executive Dysfunction

The risks of a bipolarized state we are seeing right now. Many will not scale-out enough to understand that these things are all connected – but they are. The feminine energy is ethical balance; in lieu we all suffer. So – how do we fix it?

Many of these issues in society exist because of manipulation. Abusers have been allowed to manipulate reality to hide the things they do, while society is plainly not intelligent enough at this time to see through lies. People who have been conditioned to rewrite reality due to alienation patterns in their own families.

We need a way to identify these people within society, not just to stop them, to make them understand what they are doing.

Quantifying Abuse is a BI data report which introduces a structure by which we can measure emotional abuse in data. This is done by analyzing communications in high conflict situations to produce ratio which will clarify which party is the aggressor, and which party is the victim.

This system makes emotional abuse clear and measurable; which will in turn make legal cases clear and measurable. No more he said/she said. No more gossip. No more lies. Data which will clearly see through the manipulation.

Direct impacts of this are lives saved; not just the feminine (male and female) within the relationships, but their children as well. Direct impacts are substantial, but the indirect impacts are much larger. Quantifying abuse will put lines in place in terms of malicious behaviour. The introduction of these lines will force abusers to examine their own behaviour. Forced accountability.

Welcome to the beginning of the narcissistic collapse.

Introduction

Within this report, I present a two-level analytical framework for emotional abuse. The first level (trifecta) provides a clear, pragmatic approach that can be implemented immediately. Its parameters can be automated with current Artificial Intelligence (AI) technology and, where needed, replicated manually – ensuring access even without technological support. Each section also includes an examination of data categorization for the abuse type.

The second level examines the vehicles of abuse which are subjective indicators which require advance data recognition and may be considered for future inclusion.

This Framework must be both comprehensive and adaptive. In practice, adversarial actors will probe for gaps; our framework anticipates this by minimizing ambiguity and iterating based on misuse.

The first-level of analysis is concise and consistent, enabling fair, equal application. The second-level analysis, as documented here, is subjective indicators and open to interpretation. It was conducted manually and includes overlapping data layers. Going forward, data experts should determine which classification, thresholds, and validation procedures are required before formal integration.

War is not started by one individual person pointing a finger across a table. War is started by and angry mob that empathises with uncontrollable rage. The question is…. Why do we have an angry mob?

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Emotional Abuse Structure:



Despite months of research, I was unable to locate a comprehensive, standardized, and recognized framework to categorize types of emotional abuse. Existing resources offered fragmented lists of toxic behaviours but no unified structure. While numerous lists exist, often published on psychologists' websites and online resources, they are inconsistent and lack cohesion.

The structure I ultimately developed to analyze my own experience of abuse – Demeaning, Blaming, and Threatening – was not immediately apparent. Like many of my data projects, it required hundreds of hours of detailed work: examining communications, breaking them apart, and identifying recurring patterns. Over time, this structure revealed itself as comprehensive, encompassing every abusive element I was able to extract from the dataset.

The Trifecta of Abuse

Within this structure lies what I call The Trifecta of Abuse: **Demeaning**, **Blaming**, and **Threatening**. These three actions are consistently used with the intent to harm, manipulate, and control the recipient.

- **Demeaning** is a direct attack on a person's character or sense of self.
- **Blaming** assigns fault or responsibility for something that has already occurred in the past.
- **Threatening** projects fault or responsibility into the future, warning of harm or negative consequences that may occur.

Each of these actions is further sub-divided for clarity. Demeaning incidents are classified by type; while Blaming and Threatening are categorized by subjects.

In addition to these core categories, the report also analyzes the vehicles of abuse — the methods through which abusive actions are delivered. These include Harassment (or "bombing"), Projection/Gaslighting, and Coercive Control/Triangulation.

The level of detail provided ensures that readers — and future victims who may rely on this structure — can clearly assess their own experiences. The system is deliberately simple, making it accessible across socio-economic contexts and usable with or without modern technology.

Benefits of the Classification System

This structure is comprehensive. Every abusive communication identified in the dataset could be categorized within these three groups. No incidents were left unclassified or proved too ambiguous to fit. This consistency demonstrates the robustness of the structure.

Polarization of Abuse Types

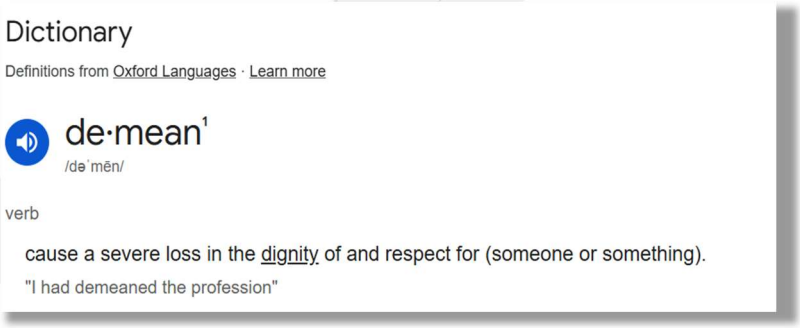
In my case, the distribution of abuse is heavily polarized toward **Blame**. Future research should explore whether this polarization is unique to domestic abuse contexts, or whether other environments — such as bullying or workplace harassment — show stronger tendencies toward Demeaning or Threatening behaviors. Understanding these patterns will help refine the structure and improve its applicability across different forms of abuse.

EXECUTIVE DYSFUNCTION

DEMEANING

Definition

"Demeaning behaviour is any action or communication that makes someone else feel inferior or less valuable than they actually are…. This behaviour comes in many different forms. Expressions of demeaning behaviour may include verbal, non-verbal, and overt behaviours."[1]



At its core, demeaning behaviour undermines a person's sense of self. Because self-concept varies from individual to individual, what is experienced as demeaning will depend heavily on the victim's identity, values, and self-worth. Abusers exploit this variability, tailoring their attacks to the vulnerabilities they have learned about the victim.

Scope and Synonyms

This category is broad, encompassing behaviours such as belittling, insulting, and shaming. From the abuser's perspective, demeaning is often used as a competitive tactic—an attempt to erode the victim's confidence and establish dominance.

Abuse is possible in part because the Victims self concept is pliable.

i.e. – if someone call them 'stupid' and their self concept is in a state wherein it can change, they may reflect and ask themselves, "am I stupid?", and their self concept changes.

This is not due to fault, but due to conditioning. Conditioning that can be repaired.

Victims should work to repair their self concept. Love yourself so much you have extra to give away.

Demeaning Data Categorization

For the purposes of this report, demeaning commentary has been divided into three subcategories:

Direct Insults – Explicit statements that attack a specific character trait or aspect of the victim's personality.

Insinuated Traits – Indirect or implied criticisms that suggest flaws in the victim's character without stating them outright.

Malice – Broad, hostile attacks on the person as a whole, often expressed through "down-talking" or dismissive language.

In addition, a distinct pattern of **Forcing Gratitude** has been identified. In these instances, the abuser degrades the victim by demanding expressions of gratitude, thereby reinforcing a dynamic of control and humiliation.

[11] Demeaning Behaviour And How To Respond. Demeaning Definition And How To Recognise This Behaviour https://thepracticalpsych.com/blog/demeaning-definition#:~:text=Demeaning%20behaviour%20is%20any%20action,%2Dverbal%2C%20and%20overt%20behaviours.

Demeaning Comments - Offensive

Direct Insults

Direct attack on a character trait which is a **component** of the victims self concept

" You're a shitty wife."

"You won't answer any of those questions because you're a coward."

"Your psycho is showing".

"Stop being an asshole please"

"You sad little man."

Insinuated Traits

Indirect attack on a character trait which is a **component** of the victims self concept

"I'm not a fuckin idiot ashley. I know you."

"You can call daddy if you want."

"9 out of 10 guys will not be able to hack it with you."

"You say you're working? So busy?"

"I'm tracking this cause everything that you write is a lie"

Malice

Total attack on person & "down talking"

"I'll take the week to reflect on this bullshit and get back to you by Wednesday.."

"And a shitty person ashley. Awful."

"Go find someone else to destroy."

"What is wrong with you."

"I don't care of you cheat DS. Go fuck everyone."

Demeaning Comments - Defensive

Forcing Gratitude

An **indirect attack** wherein the abuser degrades by creating an **environment wherein the victim is expected to show gratitude.** "you are supposed to be grateful for me"

"And because of it I always have to fix it all"

"Any normal person would have said thank you"

"Every time I try and be nice you act like this."

"Your welcome for helping cleaning up the brush on the property which you have never done"

EXECUTIVE DYSFUNCTION

BLAMING

Definition

"Blame is simply the discharging of discomfort and pain. It has an inverse relationship with accountability." – *Brené Brown*

In the context of abuse, blame occurs when the abuser assigns accountability for a fault or wrong to the victim. This act is abusive because the responsibility is imposed rather than earned. On its own, blame may appear unreliable as a metric of abuse; however, when analyzed alongside **Demeaning** and **Threatening** behaviours, it becomes a critical component of the dataset.



Structural Features

Blame can be identified in communication by its reliance on past events. The abuser references something that has already occurred and frames it as the victim's fault. For blame to be effective, both abuser and victim must share the belief that the event carries negative weight. This dynamic reinforces guilt and undermines the victim's sense of agency.

Repeated incidents of blame often cluster around specific subjects or events (e.g., the "Hackcident" or "Blackura"). These recurring references provide valuable analytical data, offering insight into the narrative of abuse without requiring unreliable eyewitness testimony.

It is important to note that while blame is consistent and measurable, the data itself does not prove the legitimacy of the incident. Instead, it provides a structured, data-based viewpoint that can inform interpretation.

Blaming Data Categorization

For this report, blame incidents were manually categorized by subject. This process is inherently subjective, with overlapping categories. Future AI-driven analysis could improve consistency through matrix-level tagging systems, but this complexity was beyond the scope of the current study.

Despite these limitations, the analysis reveals clear indicators of aggressor versus victim roles. For example, harassment and violations of privacy boundaries were frequently tied to blame, expanding the category significantly.



Malicious Subcategories

Two forms of blame are inherently abusive because they cannot be resolved and serve only to manipulate:

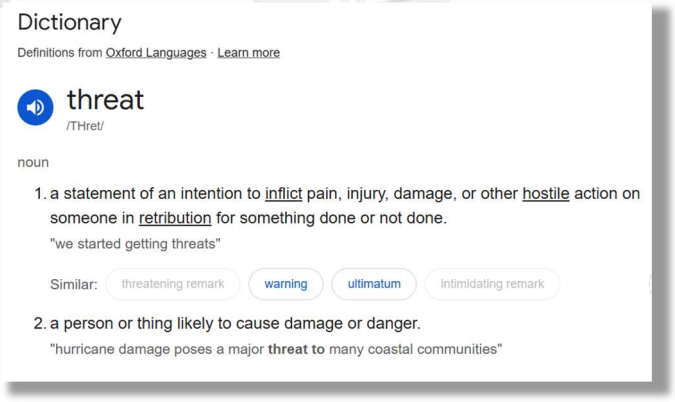
Behaviour ("Always/Never" statements):
The victim is accused of inherent flaws in their behaviour. Because the blame is vague and unresolvable, the victim is left with a constant sense of wrongdoing and no path to correction.

Reaction:
The victim is blamed for the abuser's emotional or behavioural response. This tactic is a clear sign of manipulation, shifting responsibility for the abuser's actions onto the victim.

THREATENING

Definition

A threat is a statement that signals potential harm in the future. Its purpose is not merely to warn but to control behaviour — placing the victim in a position where decisions are shaped by fear of negative consequences. In this way, all threats function as a form of **coercive control**, compelling the victim to act in ways they would not otherwise choose.



Structural Features

Threats are the inverse of blame. While blame anchors itself in past events, threats are rooted in the anticipation of future harm. They can often be identified by conditional structures: *"If you do X, then Y will happen."*

The severity of threats varies widely depending on context and perceived weight. Some threats resemble bargaining, but with the addition of a punitive consequence. Others are vague or indirect, leaving the victim to imagine the worst. This ambiguity magnifies their impact, as the victim must fill in the blanks with fear.

It is important to note that not all threats are explicit. Many are insinuated, with harm suggested rather than stated outright. While this dataset does not measure severity, future analytical frameworks should incorporate weighting systems to capture the full impact of these variations.

Reliability

Among the trifecta of abuse categories, threats are often the most reliable for determining fault. Unlike demeaning or blaming, threats already have established recognition within legal systems, making them easier to codify and apply in judicial contexts.



Threats Data Categorization

As with blame, threats were manually categorized by subject. This process is subjective and overlapping, but it provides useful insight into recurring patterns. Future AI-driven matrix tagging could improve consistency and reduce ambiguity.

A notable subcategory involves **unspecified threats**—statements such as *"Something bad will happen"* without clarifying what that harm might be. These are particularly disarming, as the victim is left to imagine the scope and nature of the abuse to come.

For clarity, these have been divided into two groups:

Insinuated Threats: General warnings that harm may occur.

Insinuated Abuse: Warnings that harm will occur and the victim will suffer.

This distinction highlights how even vague language can exert powerful coercive control, destabilizing the victim's sense of safety and autonomy.

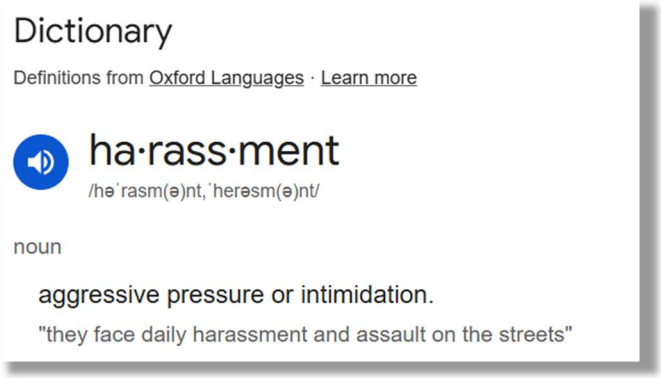
VEHICLES OF ABUSE

Like the core types of abuse—**Demeaning, Blaming, and Threatening**—the vehicles of abuse also overlap and interact, forming a secondary trifecta. These vehicles describe *how* abusive behaviours are delivered rather than *what* they are. Because of the complexity involved in tracking them comprehensively, analysis at this level is beyond the scope of the current report. Future development should explore matrix-level analysis to capture these overlapping dynamics more effectively.

HARASSMENT & BOMBING

Definition

The term *harassment* is defined inconsistently across sources, sometimes broadly enough to encompass nearly all abusive communication. For the purposes of this report, harassment is defined more narrowly as **unwanted communications**. These can be measured either by the sheer volume of words exchanged or by the frequency of abusive incidents identified through the trifecta metrics.



Significance in This Dataset

Harassment is particularly relevant here because clear boundaries were established at the onset of the analytical period, yet repeatedly violated. Future analysis should consider whether boundary violations can be tracked directly in data, elevating incidents where limits are explicitly crossed. This would constitute a second-level analytical item.

Application to Legal Processes

The metrics developed in this section could be readily applied to restraining order procedures. At present, restraining orders are case-specific and require judicial discretion. Introducing consistent, quantifiable harassment metrics would represent a logical evolution, improving systemic efficiency and reducing costs.

Escalation Tracking

Harassment metrics also provide a straightforward way to monitor escalation in high-conflict cases. With AI-enabled tracking, real-time monitoring could identify rising patterns of abuse and allow designated authorities (outside of traditional policing) to intervene before tragedy occurs.

Narcissistic Bombing = Harassment + Non-Verbal Abuse

In addition to the influx of communications, there was also a number of what is being defined as “Non-Verbal” identified within the Blame section of the data. While these may seem insignificant independently (changed accounts, invasions of privacy, missing items), when coupled with harassment metrics becomes extremely destabilizing for the victim. This is a form of torture.

The concept of narcissistic bombing is seen in various forms of abuse including institutional abuse. Through triangulation, the abuser operationalizes third parties’ to continue abuse without direct contact.

Future analysis of this should include an escalation component as this is how it is impactful on your neurological health. This data could be accessed by cross examining the harassment metrics and Blame

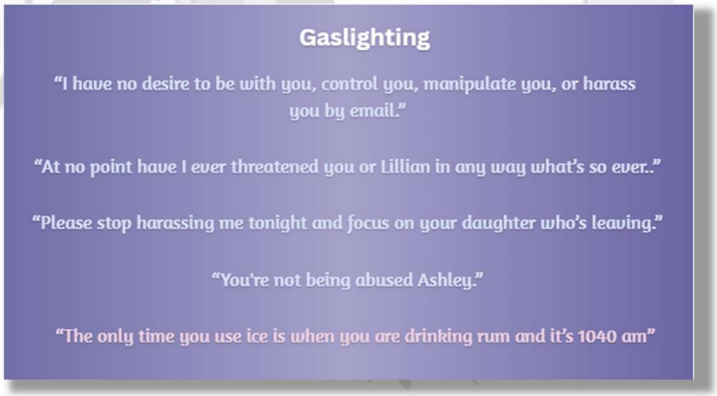
PROJECTION & GASLIGHTING

Definition

Projection and gaslighting are distinct but structurally connected forms of abuse. Both involve the manipulation of reality for the abuser's benefit:

- **Projection** is the act of displacing one's own feelings, flaws, or motives onto another person. The abuser creates a distorted version of reality and attributes it to the victim.
- **Gaslighting** is the corresponding abuse inflicted on the victim, who is pressured to accept and internalize this false reality.

In practice, projection is the action, while gaslighting is the impact. For example: *the abuser projects a new reality; the victim is gaslit into believing that reality exists.*



Dual Perspectives

Projection can occur on both sides of a conflict, though it is labeled differently depending on perspective. From the abuser's side, projection is a manipulative tactic. From the victim's side, it may manifest as "rose-colored glasses"—a distorted perception that minimizes harm. Because both realities are skewed, neither party's testimony is fully reliable. This underscores the importance of structured data analysis to reveal patterns that subjective accounts cannot.

Measurement and Analysis

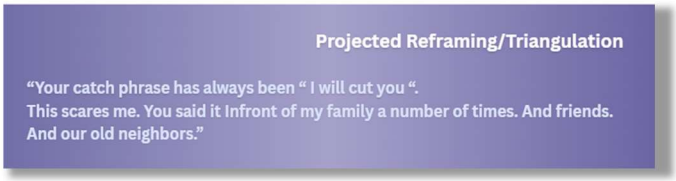
Projection and gaslighting can be tracked in tandem with the **Trifecta of Abuse** metrics (Demeaning, Blaming, Threatening). Comparable data points allow for cross-validation. For instance:

- When an abuser says, *"I'm not threatening you,"* but the dataset clearly contains threatening language, this contradiction is evidence of gaslighting.
- Without the trifecta metrics, such statements could be misinterpreted as blame or dismissed as subjective.

Accurate measurement requires **cross-analysis** or carefully programmed AI systems to distinguish between overlapping categories and ensure reliability.

NEW CONCEPT: PROJECTED REFRAMING

Reframing is a popular concept within Psychology wherein an individual will reframe information for a patient in a different manner to offer the patient a greater perspective on information they have already communicated. Usually this looks like a patient brain dumping on a therapist, then the therapist coming back with "….you sound like you're mad at your mom….". This is utilized to flatline messages for the patient that they may be communicating and not aware of.



Projected reframing is where this concept is utilized maliciously to manipulate someone's words into something negative. The structure is like the traditional reframing, but with malice. "…. so your saying you hate my mom". Some of these incidents can be completely outlandish, and result in the victim immediately being put into the defensive position to qualify what they said. Abusers in this light may be specifically outlandish to extract a reaction in line with the statement.

COERCIVE CONTROL & TRIANGULATION

Coercive Control

(reference) "Domestic abuse isn't always physical. Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim"

Definition

Coercive control refers to a pattern of behaviours designed to dominate, intimidate, or restrict the victim's autonomy. It is not always physical; rather, it encompasses threats, humiliation, manipulation, and other tactics that place the victim in a position where they must make decisions they would not otherwise choose.

Triangulation is a specific form of coercive control in which the abuser introduces a third party into the dynamic. This third party is used as a tool to divide, manipulate, or exert pressure on the victim, often creating isolation and reinforcing dependency on the abuser.

Legislative Context

Coercive control has recently become a focal point in legislative developments across multiple countries. However, existing definitions are often vague, describing only "patterns of behaviour" without specifying what those behaviours entail. This lack of clarity raises concerns about consistency and fairness in application, leaving room for subjective interpretation and potential misuse.

Proposed Revision

To strengthen its utility, coercive control should be defined more comprehensively. A clearer definition would encompass behaviours both within and beyond domestic abuse contexts, ensuring that the term captures the full spectrum of manipulative tactics.

Suggested Definition

Coercive control is the purposeful act of placing another person in a position where they must make a decision they would not otherwise make.

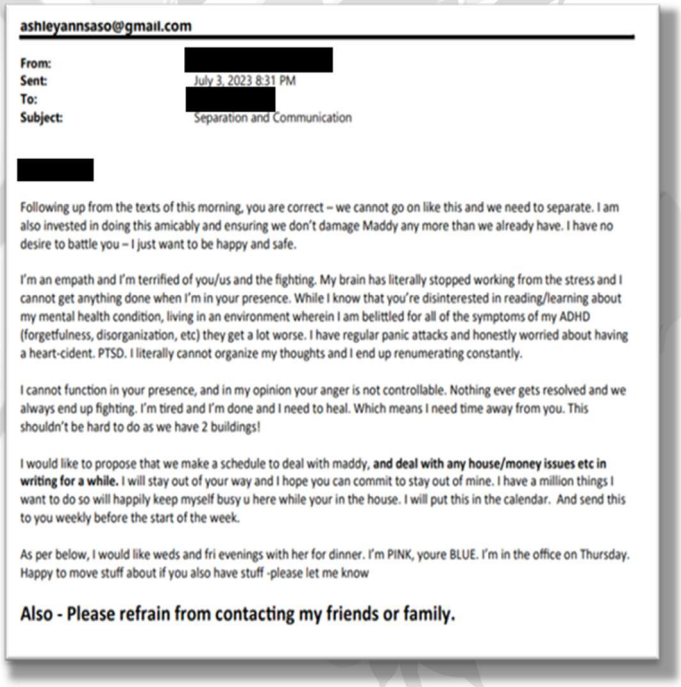
This revised definition emphasizes intent, impact, and the distortion of choice, making it more precise and adaptable across different contexts



Triangulation

(reference) "Triangulation is when a toxic or manipulative person, often a person with strong narcissistic traits, brings a third person into their relationship in order to remain in control. There will be limited or no communication between the two triangulated individuals except through the manipulator. It may appear in different forms, but all are about divide and conquer, or playing people against each other."

Overview of the Dataset



ashleyannsaso@gmail.com

From: [redacted]
Sent: July 3, 2023 8:31 PM
To: [redacted]
Subject: Separation and Communication

[redacted]

Following up from the texts of this morning, you are correct – we cannot go on like this and we need to separate. I am also invested in doing this amicably and ensuring we don't damage Maddy any more than we already have. I have no desire to battle you – I just want to be happy and safe.

I'm an empath and I'm terrified of you/us and the fighting. My brain has literally stopped working from the stress and I cannot get anything done when I'm in your presence. While I know that you're disinterested in reading/learning about my mental health condition, living in an environment wherein I am belittled for all of the symptoms of my ADHD (forgetfulness, disorganization, etc) they get a lot worse. I have regular panic attacks and honestly worried about having a heart-cident. PTSD. I literally cannot organize my thoughts and I end up renumerating constantly.

I cannot function in your presence, and in my opinion your anger is not controllable. Nothing ever gets resolved and we always end up fighting. I'm tired and I'm done and I need to heal. Which means I need time away from you. This shouldn't be hard to do as we have 2 buildings!

I would like to propose that we make a schedule to deal with maddy, **and deal with any house/money issues etc in writing for a while.** I will stay out of your way and I hope you can commit to stay out of mine. I have a million things I want to do so will happily keep myself busy u here while your in the house. I will put this in the calendar. And send this to you weekly before the start of the week.

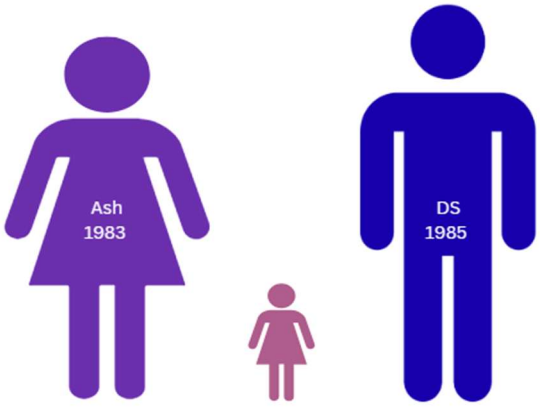
As per below, I would like weds and fri evenings with her for dinner. I'm PINK, youre BLUE. I'm in the office on Thursday. Happy to move stuff about if you also have stuff -please let me know

Also - Please refrain from contacting my friends or family.

This dataset consists of communications exchanged between two separating parties during the **post-separation period**. The timeframe begins on **July 3, 2023**, the date of separation, and extends to **November 23, 2024**, when the separation agreement was signed. In total, the analysis covers **17 months**, or **517 days**.

The parties represented in this report are:

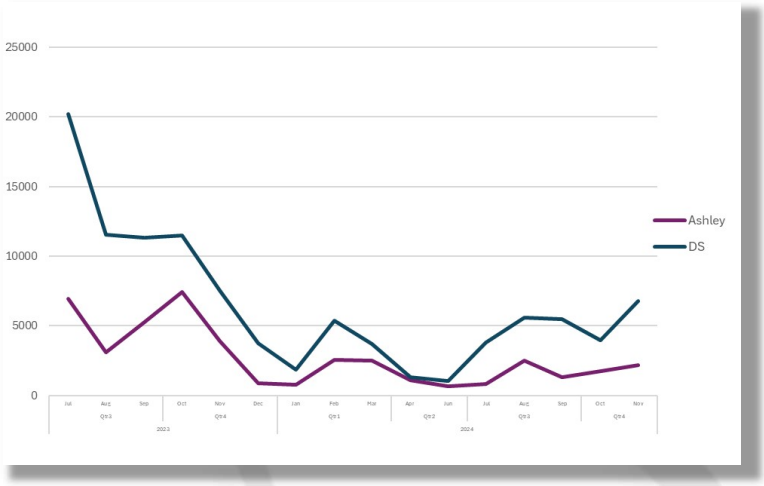
- **Ash** (the author)
- **DS** (her separated partner)
- **Lillian** (their shared child, referenced within the communications)



Volume of Data

- Total words analyzed: **149,000**
  - **131,000 words** sent via email
  - **18,000 words** sent via text message
- Distribution by party:
  - **DS: 105,000 words**
  - **Ash: 44,000 words**

This dataset provides a substantial record of post-separation communication, offering a foundation for identifying patterns of abuse and categorizing incidents within the analytical framework presented in this report.



	Ashley	DS	Total
Email	39,993	91,069	131,062
Text	3,854	13,779	17,633
Total	43,847	104,848	148,695

DISCLAIMER: THIS DATA SET IS NOT COMPREHENSIVE. THERE HAVE BEEN SOME TIME PERIODS MISSED.

Certain time periods were missed due to circumstances beyond the author's control. During the collection process, the author faced significant disruption, including compromised computers and email accounts, which limited the ability to ensure complete coverage of communications.

The purpose of this analysis is to establish a **framework for future study and application**, not to serve as evidence in court proceedings.

All names referenced in this report, apart from the author's, have been changed to protect privacy.

Categorization of Data (Discussion Purposes Only)

The **Trifecta of Abuse** — Demeaning, Blaming, and Threatening — does not operate in isolation or in a linear manner. Instead, these categories intersect, creating **four additional sub-categories** where abuse types overlap (similar to a Venn diagram). These intersections represent a significant portion of the dataset. Examining overlapping data is essential, and AI tools can help capture and classify these complex patterns.

Overview

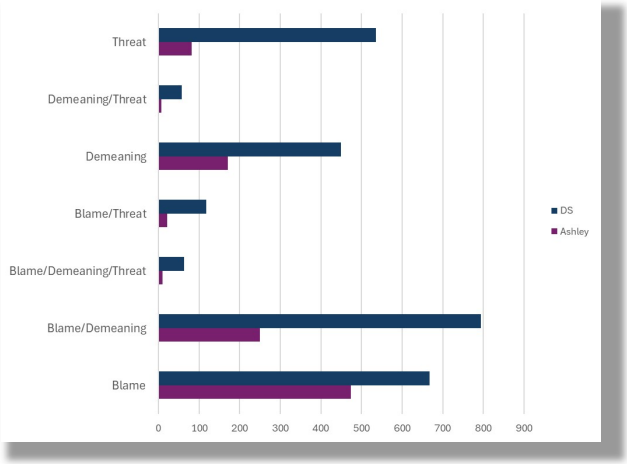
The initial scrub of the dataset identified **3,696 incidents of abuse**:

	Blame	Blame/Demeaning	Blame/Demean/Threat	Blame/Threat	Demeaning	Demeaning/Threat	Threat	Grand Total
Ashley	473	249	10	21	171	7	82	1013
DS	667	794	63	118	449	57	535	2683
Grand Total	1140	1043	73	139	620	64	617	3696

- **Ash:** 1,013 incidents (27%)
- **DS:** 2,683 incidents (73%)

The majority of abuse was concentrated in the **Blame** and **Blame/Demeaning** categories, which together accounted for **59% of the dataset**. This was followed by **Threat** and **Demeaning**, each comprising **17%**.

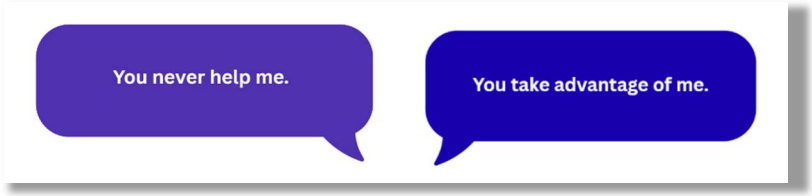
Across all categories, the data is polarized toward DS. His lowest share was **59% (Blame)**, while his highest was **89% (Demeaning/Threats)**.

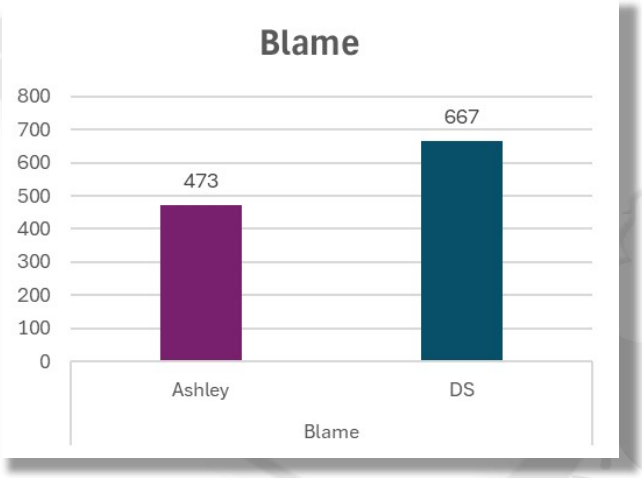


Blame

Definition: Assigning responsibility for something negative that occurred in the past.

- Total: **1,140 incidents (31%)**
- Distribution: DS – 667 (59%), Ash – 473 (41%)
- Notably, this was the most balanced category between the two parties.



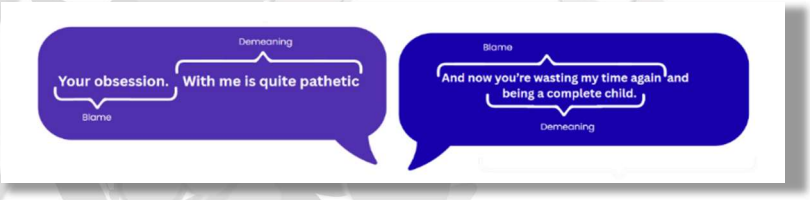


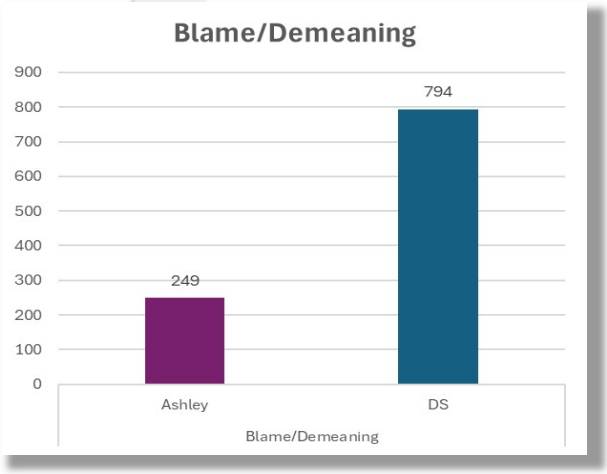
EXECUTIVE DYSFUNCTION

Blame/Demeaning

Definition: Assigning past fault linked to a perceived character flaw.

- Total: **1,043 incidents (28%)**
- Distribution: DS – 794 (76%), Ash – 249 (24%)
- Highly polarized toward DS.



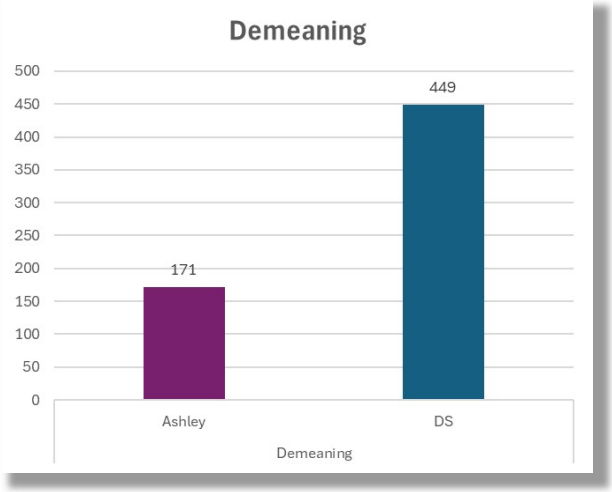


Demeaning

Definition: Direct character attacks on the victim.

- Total: **620 incidents (17%)**
- Distribution: DS – 449 (72%), Ash – 171 (28%)



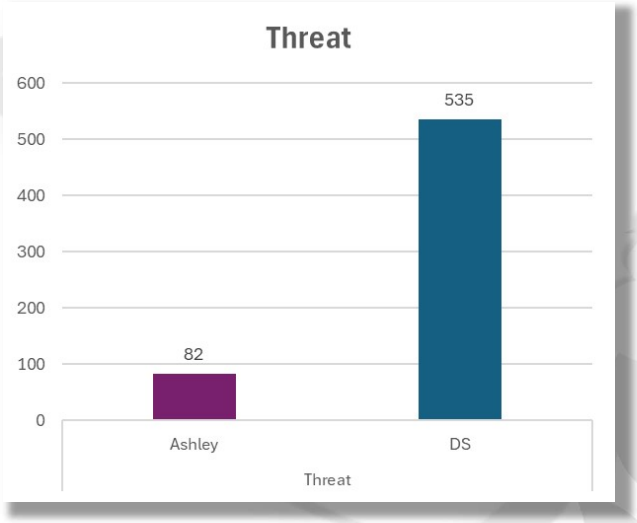


Threat

Definition: Statements indicating potential harm in the future.

- Total: **617 incidents (17%)**
- Distribution: DS – 535 (87%), Ash – 82 (13%)
- Strongly polarized toward DS.





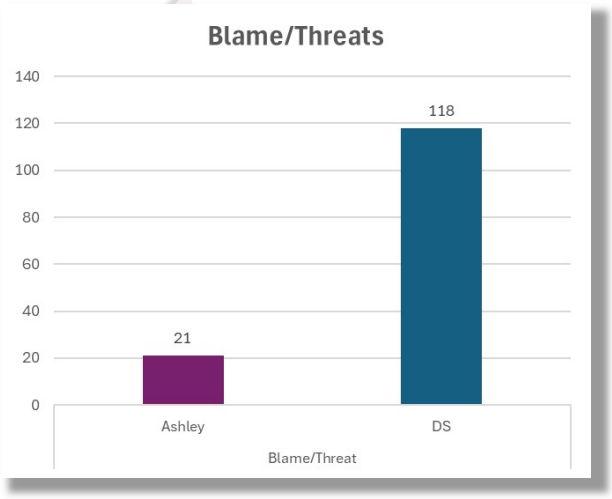
EXECUTIVE DYSFUNCTION

Blame/Threats

Definition: Past fault linked to a future consequence.

- Total: **139 incidents (4%)**
- Distribution: DS – 118 (85%), Ash – 21 (15%)





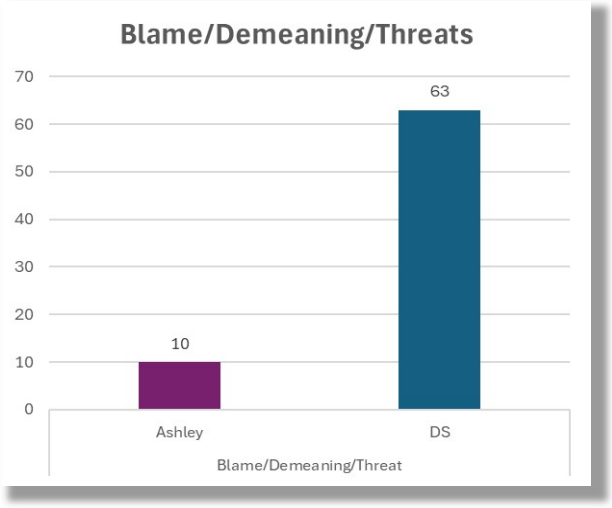
Blame/Demeaning/Threats

Definition: Past fault tied to a character flaw, with a future consequence.

- Total: **73 incidents (2%)**
- Distribution: DS – 63 (87%), Ash – 10 (13%)

This

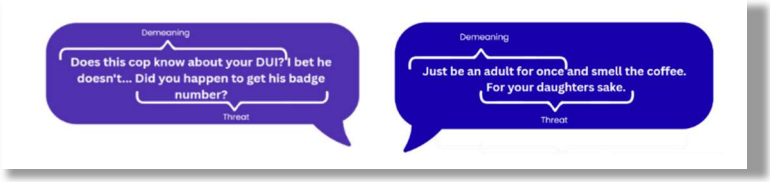


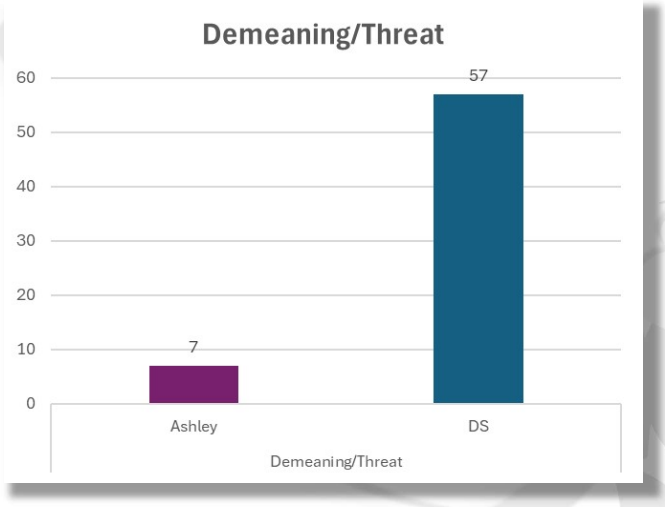


Demeaning/Threats

Definition: Character attack linked to a future consequence.

- Total: **64 incidents (2%)**
- Distribution: DS – 57 (89%), Ash – 7 (11%)
- This was the most polarized category overall.





EXECUTIVE DYSFUNCTION

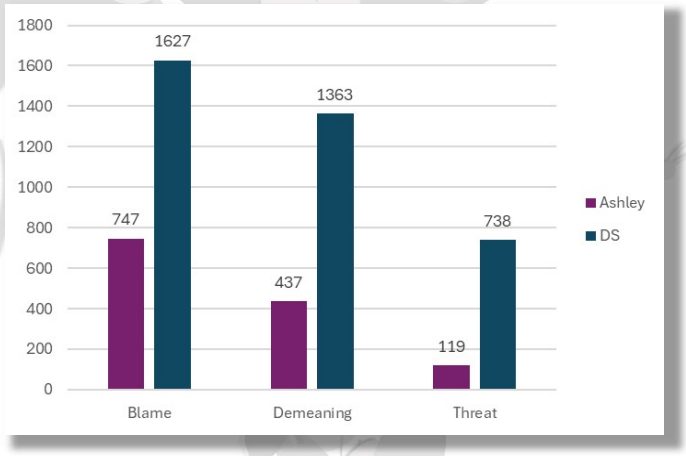
FINAL REPORT – ABUSE METRICS BY TYPE

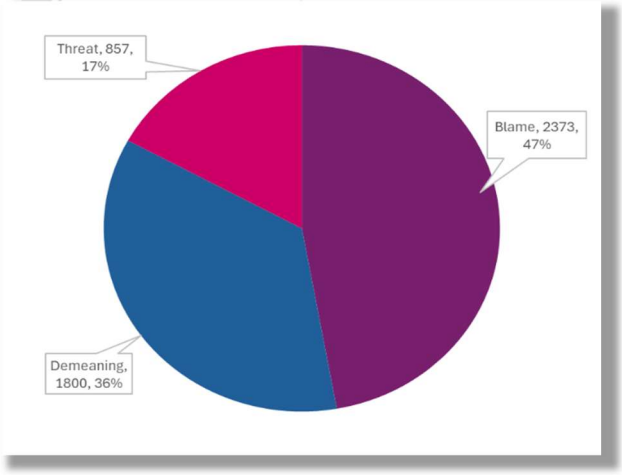
Across this timeframe, **5,030 incidents of abuse** were identified:

- **Ash:** 1,303 incidents (26%)
- **DS:** 3,764 incidents (74%)

Distribution by Abuse Type

- **Demeaning:** 1,800 incidents (36%)
- **Blaming:** 2,373 incidents (47%)
- **Threatening:** 857 incidents (17%)





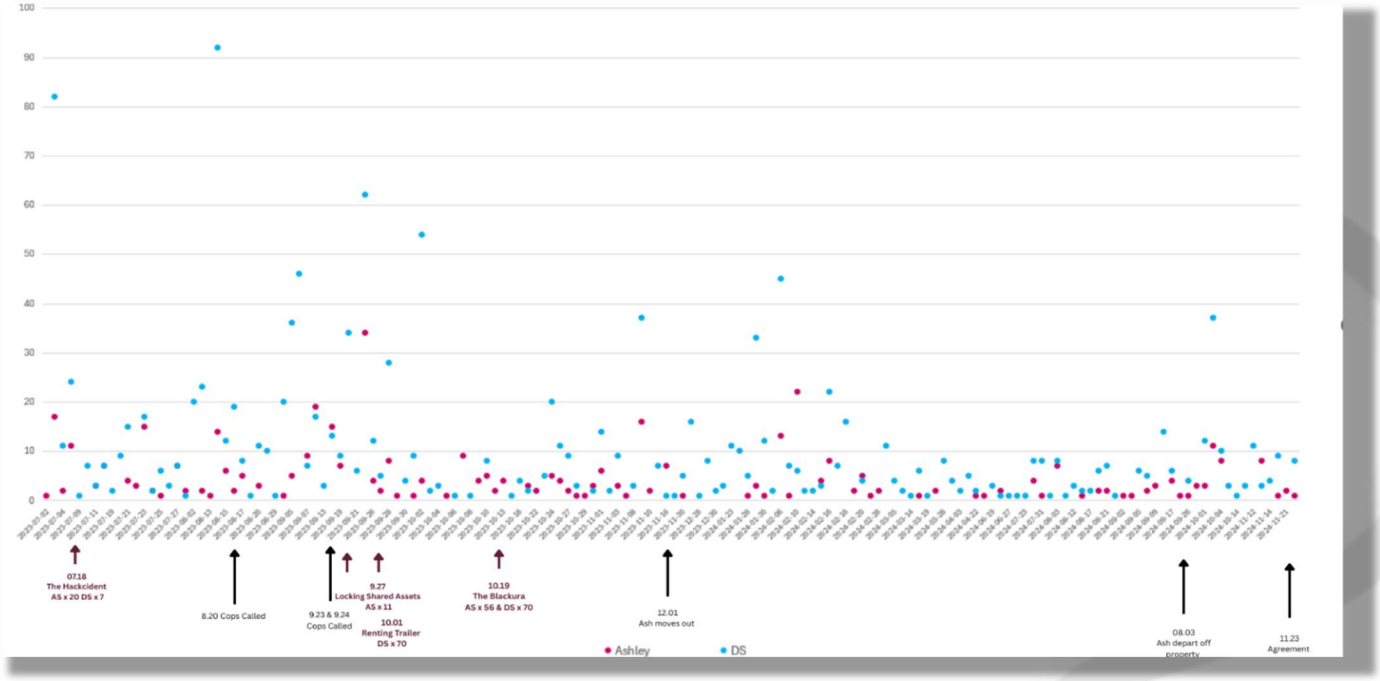
Of the three types of abuse analyzed, Blame took the lion share of the incidences within the data set; there was 2373 incidences of blame identified making up 47% of the total.

This was followed by Demeaning incidences at 1800, or 36%. The smallest type of abuse was Threats at 857 which accounted for the final 17%.

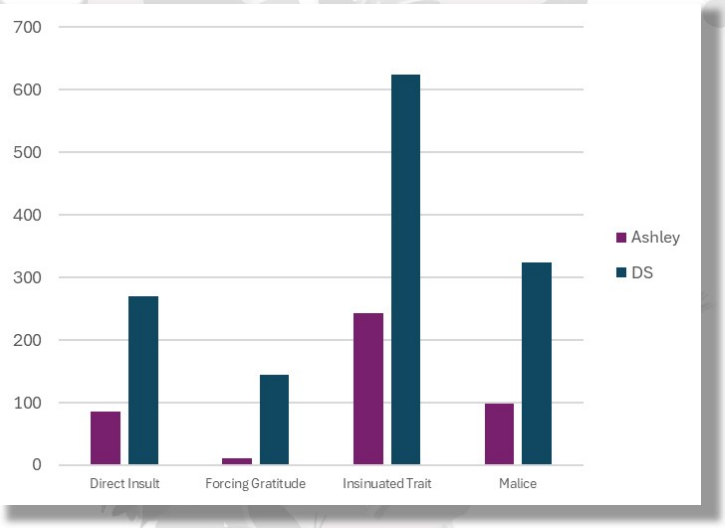
Demeaning

Overview

The dataset included **1,800 demeaning comments (36%)**. Ash contributed **437 (24%)**, while DS contributed **1,363 (76%)**. This category was more polarized toward DS than blame.



EXECUTIVE DYSFUNCTION



2nd Level Analysis - Categories

- **Insinuated Traits:** 48%
- **Malice:** 23%
- **Direct Insults:** 19%
- **Forcing Gratitude:** 9%

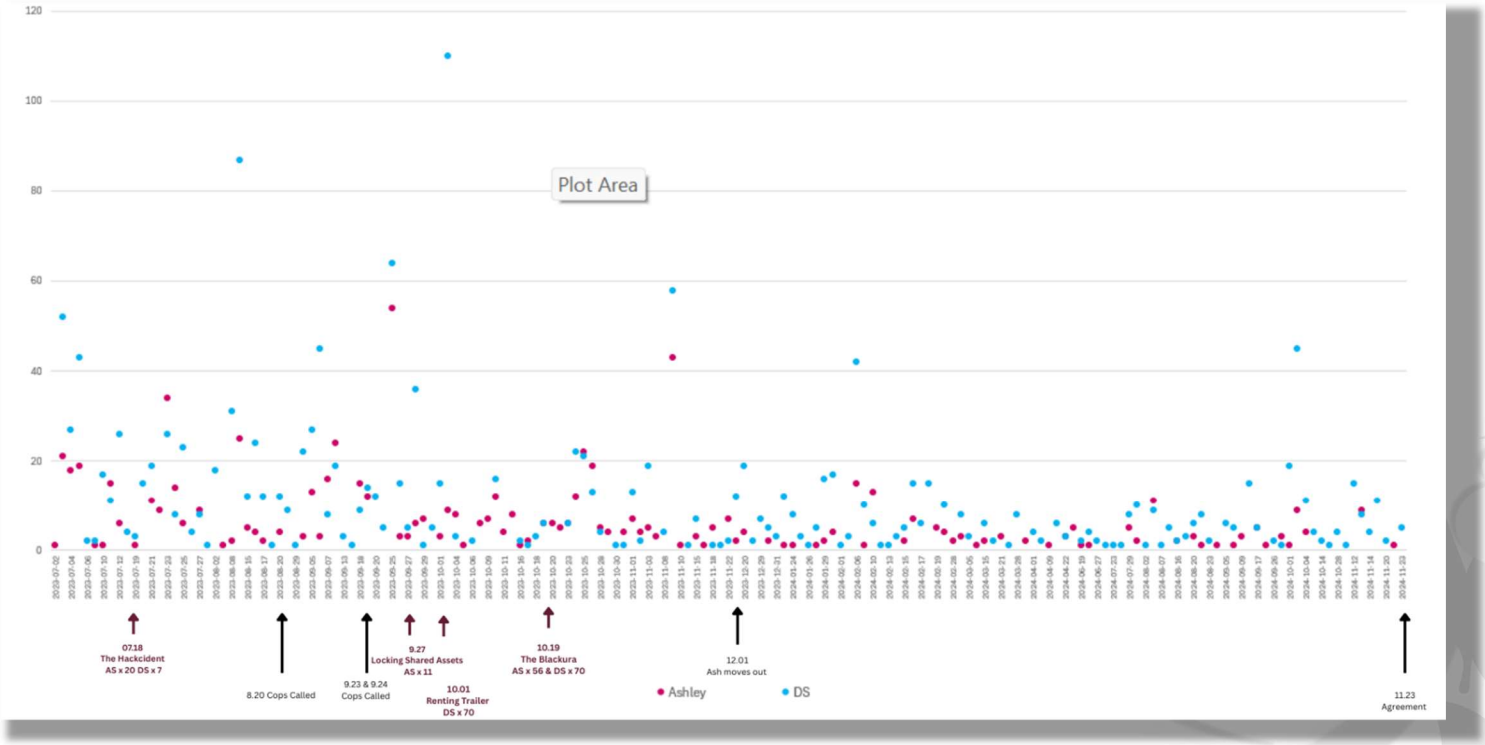
All categories were polarized toward DS, ranging from **72% to 93%**. *Forcing Gratitude* was almost entirely attributed to DS (93%), with Ash responsible for only 7%.

	Ashley	DS	Grand Total
Direct Insult	86	270	356
Insinuated Trait	243	624	867
Malice	98	324	422
Forcing Gratitude	11	144	155

Blaming

Overview

Blame was the most prevalent category, accounting for nearly half of all abuse. Of the **2,373 incidents**, Ash contributed **747 (31%)**, while DS contributed **1,627 (69%)**. This represents the closest polarization between the two parties among the three abuse types.



Blame		
Abuse	263	96
Authorities/Legal/Court/Agreements	4	46
Behaviour	160	544
Communications Boundary		11
Distribution of Labour	34	101
Finances/Assets	96	217
Friends	1	9
Incident	89	158
Mental Health	21	10
Parenting	35	213
Reaction	2	92
Sex, Intimacy & Other Partners	4	50
Substance Abuse	38	66
Vacations		8
Work		5
Total	**747**	**1626**

2nd Level Analysis – Subject

Blame incidents were grouped by subject matter. Two generalized categories emerged:

Behaviour ("Always/Never" statements): Assigning fault to inherent character traits. These are inherently demeaning, as they attack identity rather than actions.

Reaction: Holding the victim responsible for the abuser's emotional or behavioural response.

Ash's largest category of blame was **Abuse (35%)**, where she attributed responsibility to DS for abusive behaviour. DS's largest category was **Behaviour (34%)**, where he blamed Ash for perceived flaws.

This subject-level analysis provides a fuller timeline of events without requiring testimony. However, discernment is essential: abusers tend to **over-blame**, while victims tend to **under-blame**.

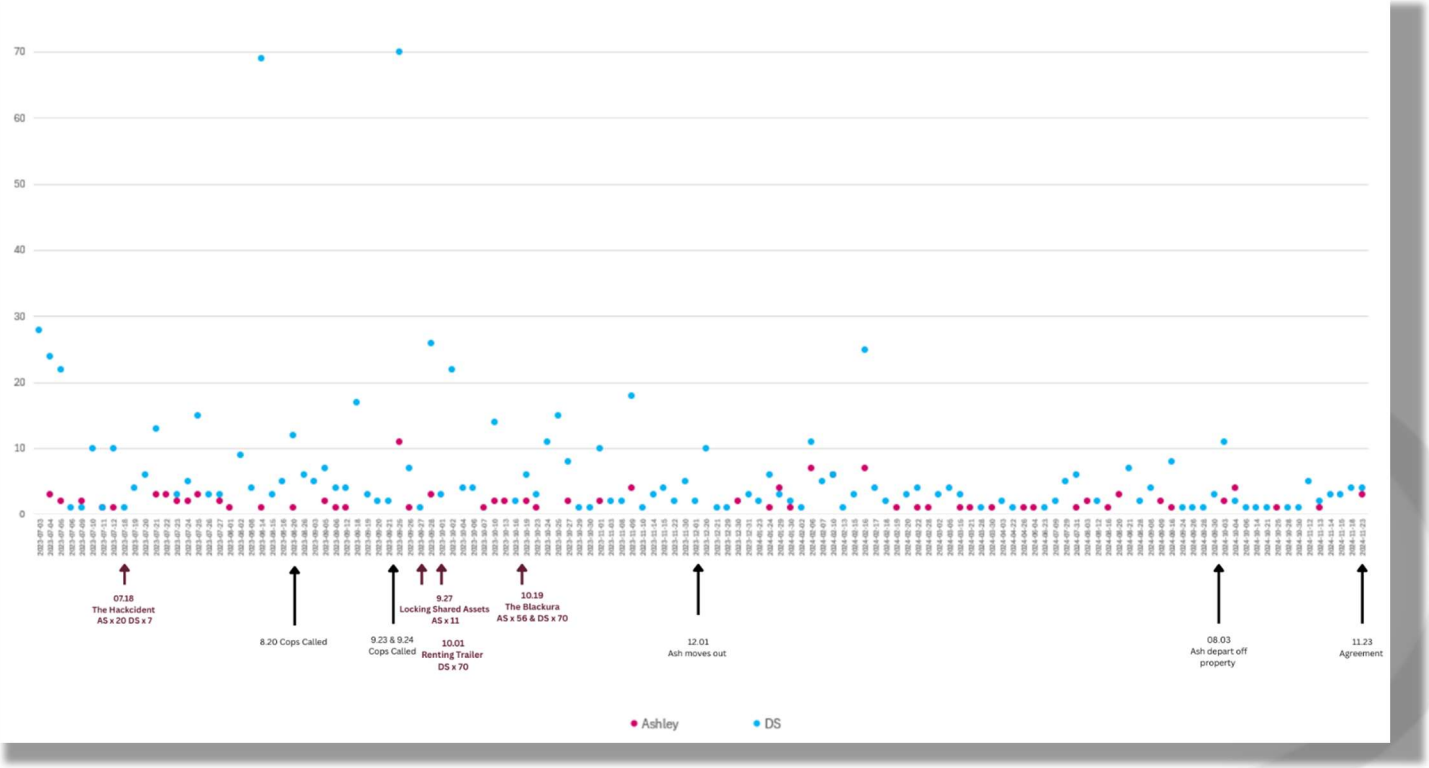
Interpretive Note

Incidents where a significant event occurred but blame was minimal may indicate fabrication. In such cases, the absence of emotional intensity suggests the abuser was documenting rather than reacting — potentially a marker of manipulation.

Threatening

Overview

Threats were the smallest category, comprising **857 incidents (17%)**. DS contributed **738 (86%)**, while Ash contributed **119 (14%)**.



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	Ashley	DS
Assets	4	35
Authorities/Legal/Court/Agreements	29	109
Communications	3	9
Communications Boundary	4	63
Finances	12	96
Incident	7	60
Insinuated	27	108
Insinuated Abuse	7	44
Parenting	1	12
Sex, Intimacy & Other Partners	5	31
Triangulation	20	171
Total	**119**	**738**

2nd Level Analysis

Threats were categorized by subject, with notable subcategories including:

Triangulation: 23% of threats. All triangulation incidents were classified as threats due to boundary violations established at the outset of the dataset.

Insinuated Threats: 22% (general harm suggested without outcome).

Insinuated Abuse: Subcategory where harm was suggested alongside suffering.

Authorities/Legal/Court/Agreements: 16%.

Polarization was strongest in categories tied to **communications boundaries (94% DS)** and **parenting (92% DS)**. These reflect repeated violations of agreed limits and threats tied to parental responsibilities.

Further breakdown of triangulation threats is provided in the dedicated section of this report.

Vehicles of Abuse

In addition to the core categories of abuse — **Demeaning, Blaming, and Threatening** — this report also examines the **vehicles of abuse**, or the methods through which abusive behaviours are delivered. These vehicles often overlap with one another, creating complex patterns that amplify harm. Metrics in this section focus on:

1. **Harassment**
2. **Projection & Gaslighting**
3. **Coercive Control & Triangulation**

Harassment

Definition

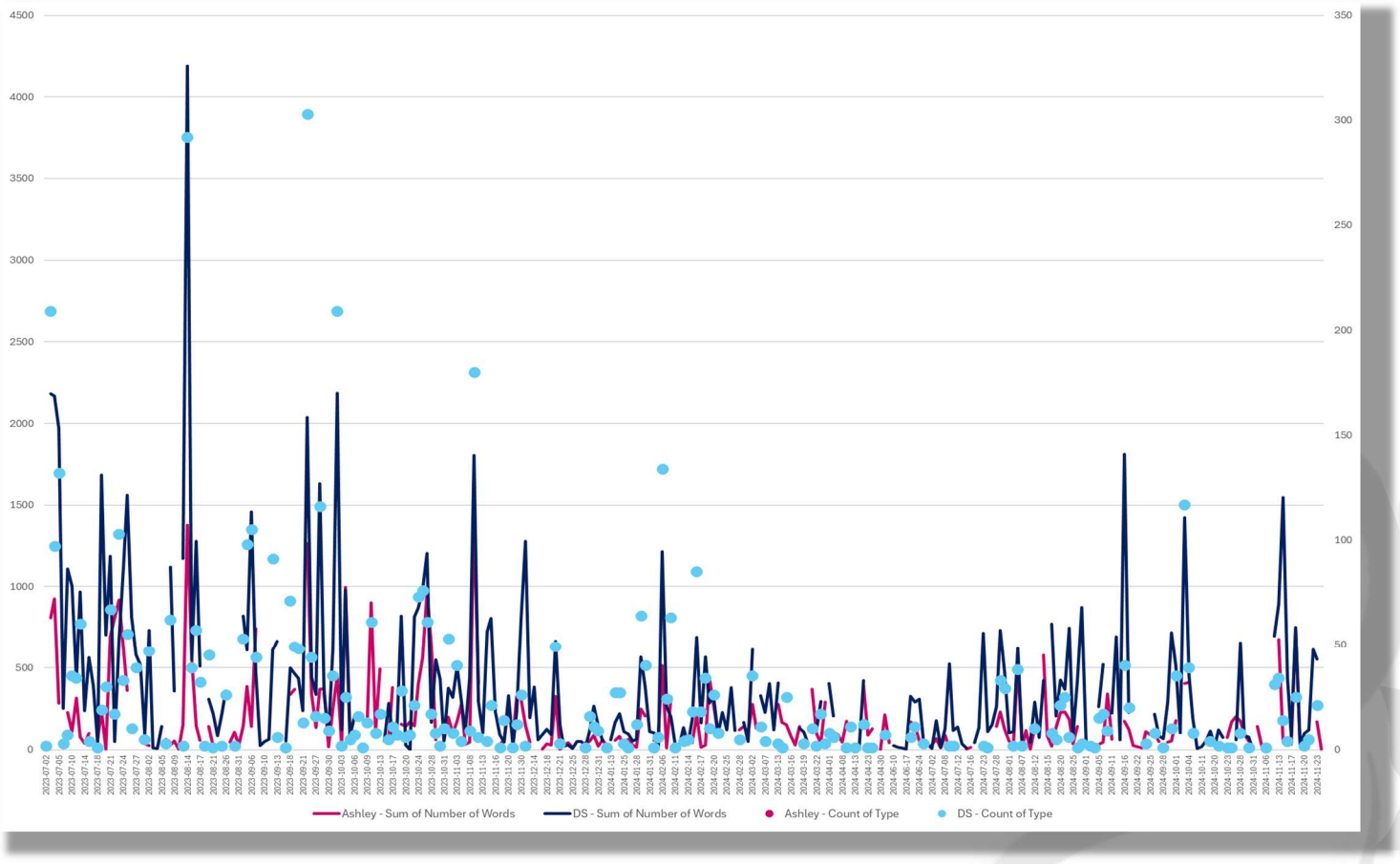
For the purposes of this report, harassment is defined as the **volume and frequency of unwanted communications**. It is measured by the number of words exchanged and the proportion of those words classified as abusive. This approach allows escalation to be tracked over time and correlated with significant events.

Analytical Approach

Harassment metrics are examined on a **day-to-day scale** to capture variance and escalation. Data is cross-referenced with two documented police interactions, which serve as markers of heightened threat. While not perfect indicators, these incidents strongly suggest escalation from verbal/emotional abuse to physical violence.

Key Metrics

- **Number of words exchanged**
- **Number of abusive incidents (Blaming + Demeaning + Threatening)**



EXECUTIVE DYSFUNCTION

- **Ratio of abusive incidents per words spoken** (a strong indicator of escalation, as it shows when the majority of communication is abusive)

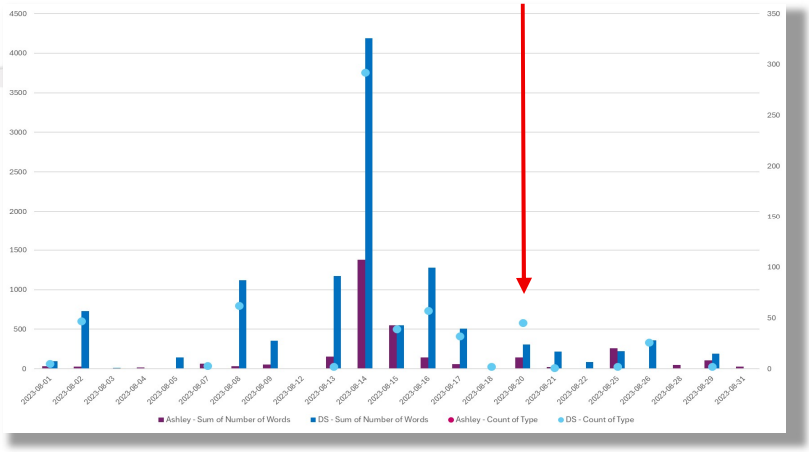
Escalation

Harassment metrics provide a reliable indicator of escalation. Spikes in communication volume and abusive ratios often precede physical incidents. With proper time-stamped data, these metrics could be tracked in real time. Future AI application may integrate such tracking with **emergency alerting mechanisms**, enabling intervention before violence occurs.

Case Examples

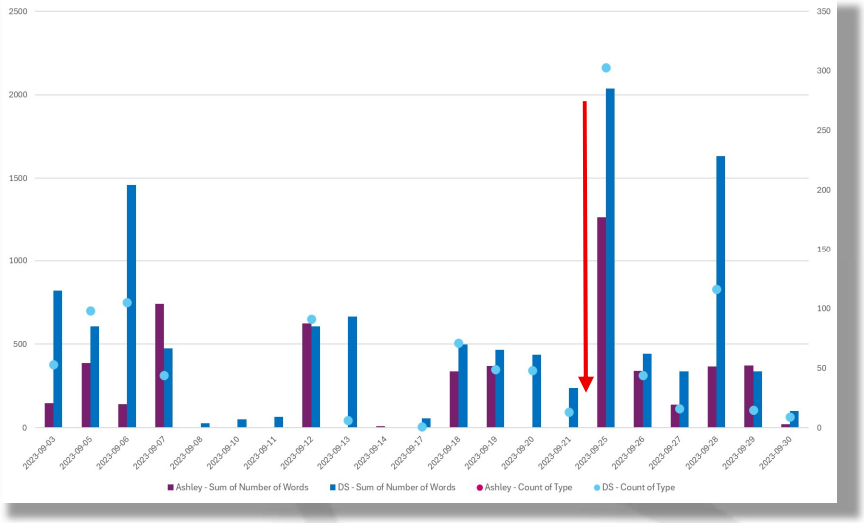
August 20, 2023: Police called to residence after DS allegedly broke Ashley's phone.

- Variance between parties was extremely high in the days preceding the event.
- Significant spike in communications occurred six days prior.
- Ratio of abusive incidents per words spoken increased sharply between the spike and the incident.



September 24, 2023: Police called to residence after DS allegedly lit personal items on fire.

- Variance between parties again spiked in the days preceding the incident.
- Ratio of abusive incidents per words spoken rose significantly leading up to the event.

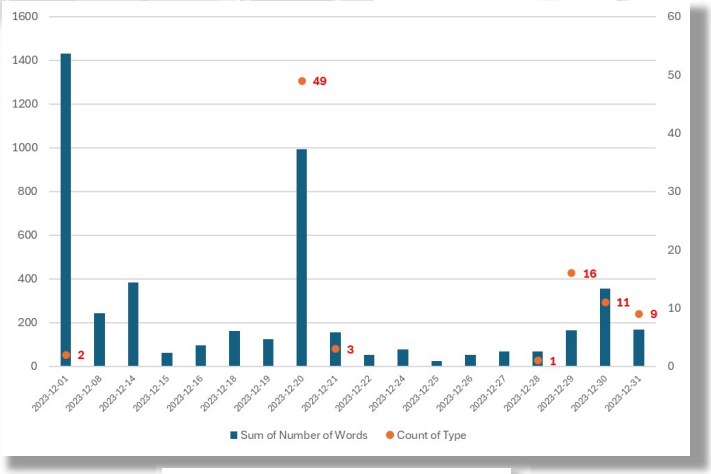


Harassment Metrics Around Key Events

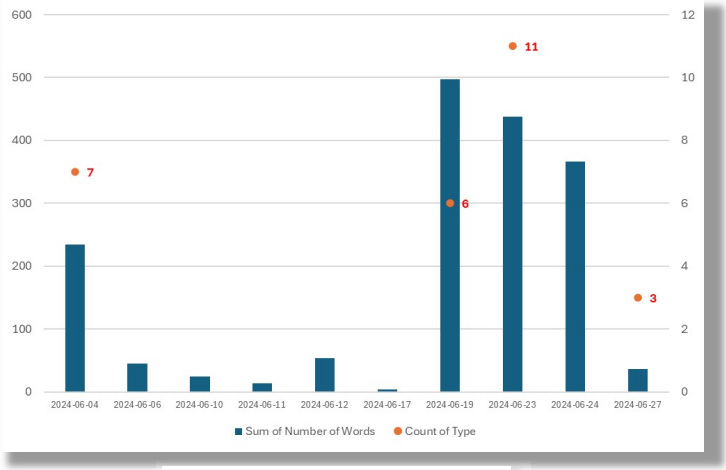
Patterns of abuse often intensify around emotionally charged dates such as **birthdays** and **holidays**. This dataset confirms that spikes in communication volume and abusive language are easily identifiable during these periods. Charts included in this section illustrate:

- Total words exchanged (columns)
- Total abusive incidents (Blame + Demean + Threat) recorded on those days

Birthdays

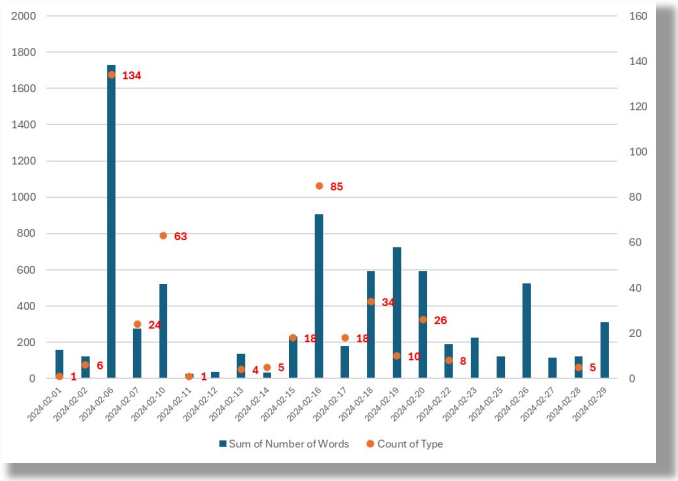


Ash – December 20th



DS – June 5th

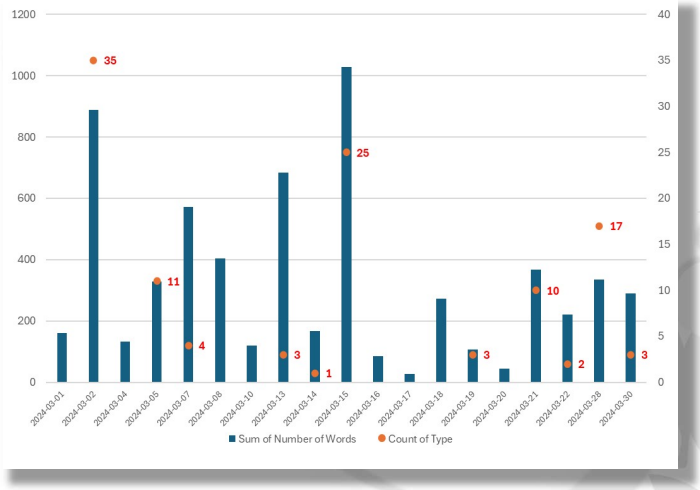
Holidays



Ash

Mexico W/Lillian

February 10 to February 17



DS

CR with Lillian, GF & GFs son

March 4 to March 14

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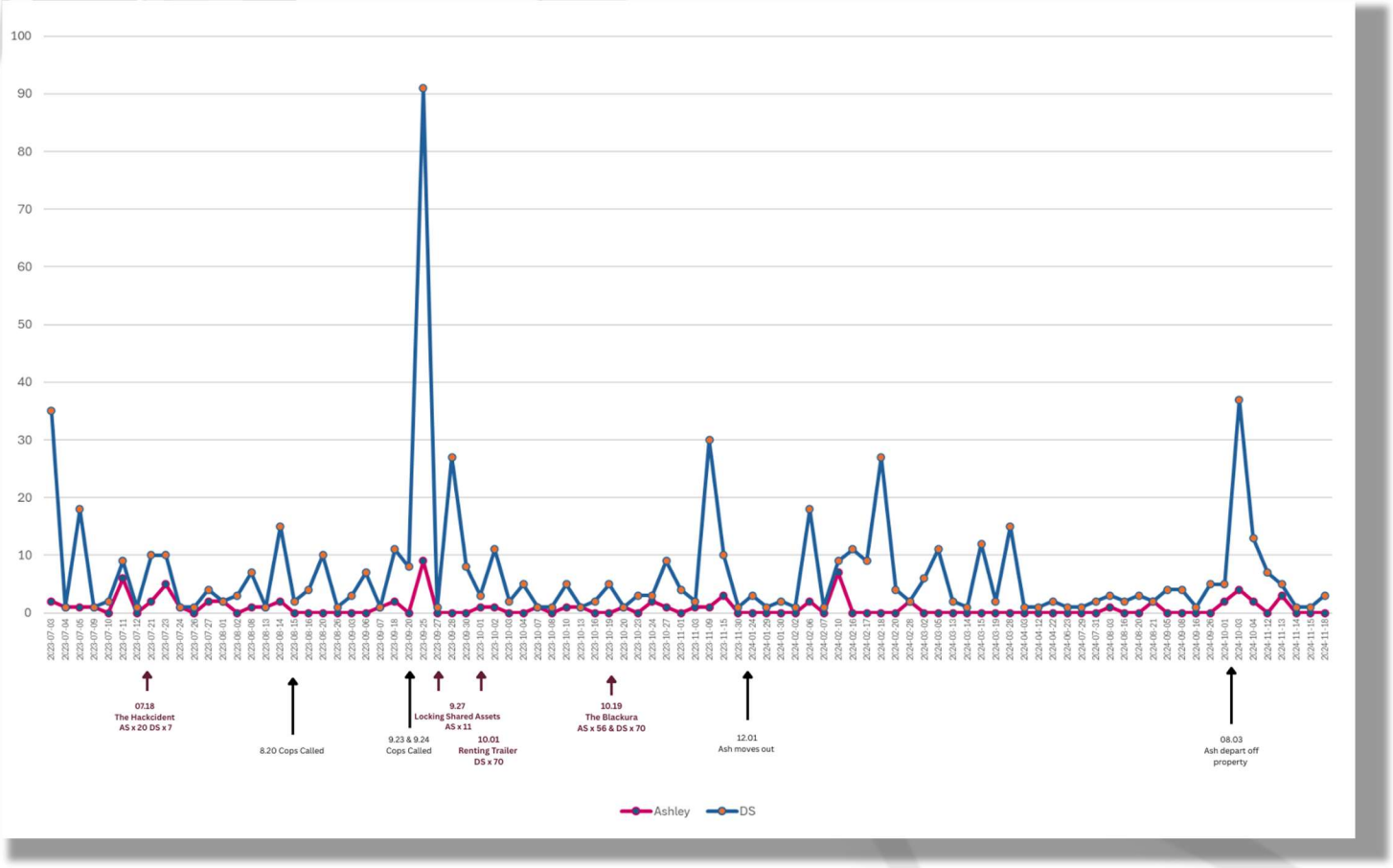
Coercive Control & Triangulation

Definition

Coercive control refers to a **pattern of behaviours designed to dominate and restrict the victim's autonomy**, often through intimidation, threats, or manipulation. **Triangulation** is a specific form of coercive control in which the abuser introduces a third party into the dynamic, using them to divide, isolate, or pressure the victim.

Analytical Notes

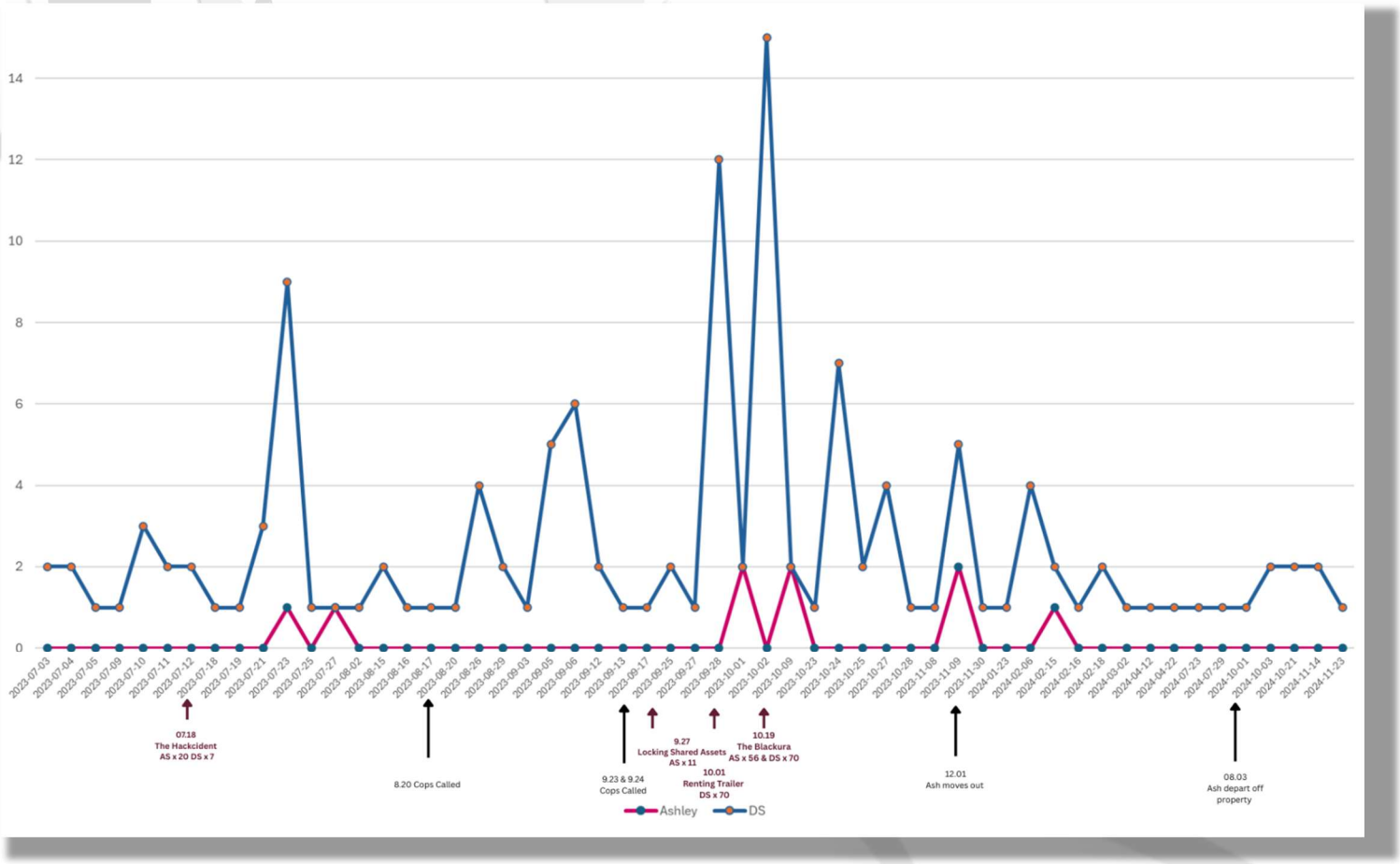
While harassment metrics measure the **amount** of abuse, coercive control and triangulation highlight the **mechanisms** of manipulation. Together, they provide context for how abuse escalates and how boundaries are systematically violated.



Projection & Gaslighting

Definition

Projection is the act of displacing one's own feelings, flaws, or motives onto another person. The abuser creates a distorted version of reality and attributes it to the victim. **Gaslighting** is the corresponding abuse inflicted on the victim, who is pressured to accept and internalize this false reality.



Where do we go from here?

This framework is not an end but a beginning. By quantifying abuse, we create the possibility of prevention. By naming patterns, we empower victims. And by demanding consistency, we compel institutions to deliver justice. The work continues — but today, we have taken the first step.