

Violence: As Good for Those Who Commit It



Violence as Good for Those Who Commit It: A reader

by Jane Gilgun

★★★★★ 5 out of 5

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Violence is often seen as an unmitigated evil, a scourge that plagues society and leaves lasting scars on its victims. However, a growing body of research suggests that violence can also have positive psychological effects for those who commit it. This may seem counterintuitive, but it is important to remember that violence is not simply a product of pathology. It can also be a rational choice, motivated by a variety of factors, including self-defense, the pursuit of power, and the need for revenge.

The Psychological Benefits of Violence

There are several psychological benefits that can be associated with violence. These include:

- **Catharsis:** Violence can provide a release for pent-up anger and frustration. When people are feeling stressed or overwhelmed, they

may turn to violence as a way to vent their emotions and regain a sense of control.

- **Self-esteem:** Violence can boost self-esteem by giving people a sense of power and control. When people are able to inflict pain on others, they may feel more powerful and respected. This can be especially true for people who have been victims of violence themselves.
- **Identity:** Violence can help people to define their identity. For some people, violence may be a way of expressing their masculinity or toughness. For others, it may be a way of rebelling against authority or society.
- **Power:** Violence can be used to gain power over others. When people are able to intimidate or harm others, they may be able to get what they want. This can be especially true in situations where there is little other recourse to power.
- **Control:** Violence can give people a sense of control over their lives. When people are able to inflict pain on others, they may feel like they are in control of their own destiny. This can be especially true for people who have experienced trauma or abuse.

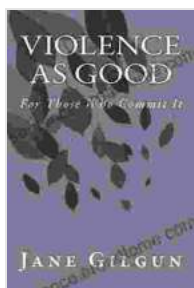
The Motivations of Perpetrators

There are a variety of factors that can motivate people to commit violence. These include:

- **Self-defense:** People may resort to violence in Free Download to protect themselves or their loved ones from harm.
- **Power:** People may use violence in Free Download to gain power over others.

- **Revenge:** People may commit violence in Free Download to get back at someone who has wronged them.
- **Sadism:** Some people may enjoy inflicting pain on others.
- **Mental illness:** Some people who commit violence may be suffering from a mental illness that makes them unable to control their impulses.

Violence is a complex phenomenon with both positive and negative consequences. It is important to remember that violence is not always an evil act. In some cases, it can be a rational choice that is motivated by a variety of factors. However, it is also important to be aware of the dangers of violence and to take steps to prevent it from happening. If you are concerned about someone who is engaging in violent behavior, please reach out for help.



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