

UNDERSTANDING HATE!

Too often it is easier to hate than to understand...Leland R. Beaumont

WHAT TO KNOW!

- ❖ Hate is one of the most powerful of emotions and causes great sorrow and suffering
- ❖ It is a deep and intense loathing towards people, groups, ideas, behaviors, etc.
- ❖ Our culture today seems to be angrier and more filled with hate than ever before
- ❖ The opposite of hate is love and the key to eradicating hate is in education through schools, community, television, movies, and social media
- ❖ One reason people hate is because of a fear of those people who are different
- ❖ Many haters feel alienated, lonely, depressed, misunderstood, unimportant and devalued and become easy targets for recruitment by hatred groups
- ❖ Hatred can give people identities by breaking down isolation and providing an opportunity for them to have connection and solidarity with like-minded others
- ❖ Haters often feel threatened and victimized by society and thus justified in their hatred
- ❖ Creating fear and intimidation of others strengthens haters sense of power
- ❖ They are threatened by changes in cultural values, society, religion, gender choice, lifestyle, and the acceptance of minority groups and social movements
- ❖ Because our society is a competitive society, it also creates a “me-against-them” attitude which often leads to dislike, manipulation, and in the extreme, hatred
- ❖ Hate basically comes from how we think, what we have learned, and who have been our role models
- ❖ Thinking errors include:
 - assigning blame to others when bad things happen
 - becoming part of the in-group by being hostile to the out-group
 - stereotyping which dehumanizes other people
 - misattributing good behaviors to the malicious intent of others
 - needing to be right in a competitive society
 - polarized, black and white thinking
 - defensive response to criticism
- ❖ Most people who hate do not act upon it; however, participation in a group of haters will increase the likelihood of acting on it
- ❖ Haters usually do not hate alone and look to peers for validation and encouragement
- ❖ Social media/internet makes it very easy for those who hate to affiliate with other haters and express themselves to millions who can and will encourage them
- ❖ The cure for hatred is understanding, compassion, and empathy

WHAT TO DO!

- ❖ Recognize that hatred is a major problem in our society
- ❖ Understand that people who hate are angry, broken souls who need to flaunt their power or intimidate others
- ❖ Do not take their comments personally and try to ignore what they say
- ❖ Stand up to haters and use their hatred to motivate you to grow and be better
- ❖ Reduce your negative interactions with haters and set your boundaries
- ❖ Seek professional help if you are unable to cope with your feelings about haters or find that you are hate filled

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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