

DARVO BINGO!

D	A	R	V	O
Well, I remember that very differently	You're making this all about you	You should be apologizing to me	When you put it that way I sound like a horrible person	I have been nothing but nice to you, but I guess I'll stop now
I was just kidding around	You should have said something at the time	This wouldn't happen if you came to visit us	You're being really unfair to us	You can't fire us, we quit
It's really not that big a deal	Your email is so manipulative	FREE SPACE	You're treating us so much worse than we treated you	I was just saying what everyone else is thinking
Oh come on I was drunk, give me a break	Why are you being so sensitive	But what about some other thing from years ago	Your email really hurt my feelings	Don't blame me if your family doesn't want anything to do with you
We did offer her something to eat, she said no	You're blowing this way out of proportion	But what about our feelings	The facts you have listed may be true but I don't like them	This can't be about us, you're the one with all the problems

Based in part on: Harsey, S. J., Zurbriggen, E. L., & Freyd, J. J. (2017). Perpetrator Responses to Victim Confrontation: DARVO and Victim Self-Blame. *Journal of Aggression, Maltreatment & Trauma*, 26(6), 644–663.

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