

# HOW TO RESIST DARVO



## 1. RECORD THE STORY

Record and document your experience while your memory is still fresh and unbiased by others' feedback. Track as much information as possible and refer back for reassurance.

## 2. FIND SAFETY

If you are being abused, it will likely happen again. Get yourself to a place of safety as soon as possible. Healing is nearly impossible if you are at risk of further abuse.



## 3. SEEK YOUR SUPPORT

Rally friends, family, and other supporters as early as possible. They know what happened, what your fears are, and how they can help you. Remember: there is no shame in being abused or harmed.



## 4. RECOGNIZE AND ACCEPT THE DENIAL

Once you open up about the abuse, the person using DARVO will likely begin to deny allegations. People who use DARVO work quickly to deny, so prepare yourself for the next steps.



## 5. RECOGNIZE AND COUNTER THE ATTACKS

The person responsible will likely attack shortly after denial. They may play on insecurities or regrets, or they may be completely made up. Remember who you really are and of your own values. You are not who they say.

Countering the attacks may look like an active effort, but for others it may be a plan to commit more energy towards mental health and self-talk.



## 6. AVOID THE ROLE REVERSAL

Do your best to state and restate your own experience. Sounding like a broken record will actually help solidify what happened and reduce doubt.



## 7. IGNORE THE PUBLIC OPINION

It might be difficult, but minimize the impact of public opinion, positive and negative. Avoid social media, turn off notifications, and limit contact with people who do not support you.