

The Boiling Frog



Rosie Philomena

Trigger warning

In this book I briefly discuss the tactics some abusers use to control others.

If abuse or unhealthy behaviour

Is accepted and seen as the norm

When dysfunction intensifies slowly

This is how trauma bonds can be formed

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There's an urban myth you might have heard of

In this story, or an 'apologue'

It describes this exact situation

And involves both a pan and a frog

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**Now the frog, if immersed in hot water
Would soon struggle and try to escape
It would see the immediate danger
And not wait around sealing its fate**

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**But increasing the temperature slowly
Means the frog doesn't know what's being done
So it stays in the pan quite contently
Unaware of the dangers to come**



**By the time that the water is boiling
Sadly now it's too late to have doubts
Once it realises what has been happening
It's too late for the frog to leap out**

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With abusers this tactic is common

And if we're unaware of the clues

We'll start blaming the victims for staying

And perpetuating the abuse

References

'The Boiling Frog'

An experiment by Heinzmann, A. (1872)

If a frog is immersed in boiling water it will jump out immediately, however if the heat is increased slowly it will not perceive the danger until it's too late.

(An 'apologue' is a short story or fable, often told through the use of animal characters.)

Support

**The National Domestic Abuse
Helpline**

0808 2000 247

Respect Helpline (for men)

0808 8010 327

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