

“I shot her because she was mine”

While it's true to say that our society has made a lot of technical progress, we still have to face many cultural and social issues. As regards the current situation about gender violence, we have to recognize we haven't done very much. Actually, in many aspects, we are going backwards instead of going forwards. Why are we just like that?

To start with, it's not my aim to write about all the problems women have to put up with all over the world, because the list could be endless: rape, domestic violence, sexual harassment, forced marriage, honor killings, female genital mutilation, online violence, sports abuse... They are problems of pandemic proportions.

On the other hand, it may be far more interesting to see the impact of these behaviours on personal lives: to describe and to talk about the physical and psychological consequences of that abuse. However, despite the fact that this would appeal to me, I'm not going to focus on it either.

What I'm interested in is to understand why normal people with normal lives, like you or me, fail in their relationship and, in some cases, they descend to a living hell.

I'm really convinced that wrongdoing has its source in what I would call “pathological love”. What does that mean? Love, affection, passion are feelings, they move us to act. Nevertheless, they are not neutral; behind them there are thoughts and bound dialogues. Just behind the best feelings the worst intentions could be hidden. The road to hell is paved with good intentions. Obviously human nature is pretty intricate because of our psychological complexity.

Indeed, the question still remains unanswered: Why do feelings of love become insane? People turn mentally ill because of a wrong understanding of what love is. Our sentiments are not just feelings or passions, they are mainly interpretations, they involve all of what we are: our experiences, our childhood, the parents we had, the school we went to, the teachers we were in touch with... All these experiences remain locked in our mind, and what we do depends on them to a great extent. A wrong belief will turn into bad behaviour.

To sum up, I'd like to underline that love is important, empathy is even more important but respect is essential. If only women and men would understand that being honest and taking each other into account comes before loving each other! What's the point of loving somebody you hurt?

Alumno de primer nivel avanzado.