



I HATE YOU BUT IT'S KILLING ME

What is **INTERPERSONAL** Hate?

Guide



[in·ter·per·son·al hate] :

intense hostility or aversion, extreme dislike or disgust and a motivation to destroy (or remove from our hula hoop) someone we know, including our own self.

What is **INTERPERSONAL** hate?

Hate is a word that carries a lot of stigma with it, a word kids are conditioned NOT to use. Because it's so harsh, we find other ways of expressing/covering up our hate until even we don't recognize it or avoid looking at it, and it goes unchecked for years.

When we talk about interpersonal hate we are talking about hate between two people who know each other, or have some sort of relationship with each other.

Why is **#ihateyoubut** important?

It is important to pay attention to and learn how to manage hate in our lives. Interpersonal hate is the beginning of all other forms of hate. Hate begins closest to home. It grows from home.

If we are not careful, it can taint our lives and contribute to the destruction of our our relationships, neighborhoods, villages, communities, society, and world.

We can all recognize the first two sentences easily;

“I hate her..”

“I hate him.”

It's obvious in the above quotes, right? But what about these...

“I don't hate him/her, I just want him/her to suffer the same pain he/she caused me.?”

“Nah she's cool I just hope she gets squashed like the bug she is.”

“We haven't talked in 10 years, he really pissed me off. I'm over it though.”

THE NEED

Have you ever hated someone so much that you wanted them to suffer or hated yourself so much that you wanted to die?

12 YEARS

is the average age we first start feeling definitive hate for someone

— [Association for Psychological Science](#)

100%

of suicidal individuals draw a connection between interpersonal strain and suicidal ideation/completion

— [NCIB](#)

1 IN 4 ADULTS

adults is currently estranged from a family member

— [LATimes](#)