

Social Media as a Contributing Stressor to Intimate Partner Violence and Femicide

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This article focuses on a preliminary study which has examined ways in which *social media* may help cause *stalker murder* by individuals with personality disorders and a strong sense of sexual propriety. The study suggests that a public display on *social media* by the intended victim may trigger interpersonal violence. The study explores case studies of *intimate partner murders* using news media sources and documentaries. In all of the case studies, social media interaction and postings occurred shortly before *murder*. It is argued that the case studies demonstrate a preponderance of correlations between the *social media* postings, *stalking* behaviours, *personality disorders*, and the murder of an intimate partner. Moreover, the case studies provide a profile for Facebook/*social media murder*: The complex relationship between *severe violence*, *stalking*, *borderline personality*, and *intimate partner violence* is shown in this study. In addition to this, the struggle clients have in dealing with the: public, ambiguous, and unrelenting nature of *social media* postings has been explored. Finally, the sense of sexual propriety and entitlement found in the attitudes of the murderer and evident in all the case studies will be discussed. It is likely that therapists, psychologists, nurses, criminologists, and social workers will find this study of interest.

Keywords: social media, borderline personality, murder, cyberstalking, intimate partner violence, sexual propriety, Facebook, Snapchat, Myspace

Introduction

Social media creates relational dissatisfaction and “mild” to “moderate” jealousy in individuals’ considered to have a normal state of mental health (Dainton, 2016; Papp, Danielewitz, & Cayemberb, 2012; Seidman, 2016). This preliminary study explored the possibility that social media could have an even more deadly effect on the psychological status and relationships of vulnerable individuals who appear symptomatic of personality disorders. The study makes links between theories of personality disorders and violence, stalking and personality disorders and murder, classifications and theories of murder, and studies on the negative psychological effects of engaging in social media interaction. The study was provoked by 11 recent murders reported in the media where a Facebook status change or social media postings were argued to be a factor.

In total 11 case studies of social media, murders were identified and two case studies where attempted murders and one false imprisonment. Facebook factored in nine of the murders, whereas Myspace and Snapchat postings were linked to the two remaining murders. The Myspace and Snapchat murders were perpetrated by teenagers, in contrast to the more mature murderers and victims linked to Facebook murders. For

the purpose of this article, only the murders that provided enough indicators that the killers demonstrated possible personality disorder traits have been the focus. The case studies discussed in the article are that of the murders of: “Breck Badnar by Lewis Daynes”, “Tracy Grinhoff by Gary Grinhoff”, “Sarah Richardson by Edward Richardson”, “Hayley Jones by Brian Lewis”, “Camille Mathurasingh by Paul Bristol”, “Emma Forester by Wayne Forester”, “Travis Alexander by Jodi Arias”, “Mykkah Sanders”, and “Lisa Beverly by Adam Mann”. The common feature of each of these murders was that a status change or posting when the couple was breaking up had incited fear and rage in the spouse which led to a domestic/revenge style murder.

It is therefore this preliminary study’s premise that Facebook and other social media sites could be a strong contributory factor in intimate partner violence and femicide.

What Makes Social Media Distressing to Individuals With Personality Disorders

According to Darrell, Walsh, and White (2011), “social networking sites can increase interpersonal connections but also intensify: jealousy, envy, and surveillance behaviours” (p. 717). Social media offers virtual grooming and gossip, a means of managing reputation and relationships (Pinker, 2013). Thus, social media affords the possibility of public humiliation. Facebook users create an “unrelenting” stream of social information leading users to often be compelled to perpetually process the data. This data could possibly contain an infinite number of third party threats, according to Elphinston and Noller (2011, p. 2). It could be argued that psychologically vulnerable individuals have difficulty in achieving an emotional balance when faced with large quantities of “ambiguous” and “decontextualized” information that could damage their reputation and public image. It is this information that could lead to a vicious cycle of surveillance, anxiety, and paranoia that could stimulate a type of virtually triggered “rage” and “jealousy”.

The Connection to Domestic Violence Murder and Spousal/Partner Stalking Behaviours

The murders in the cases studies followed the patterns suggested in the crime Classification manual for domestic violence and revenge murders. Moreover, the partners demonstrated a high incidence of stalking, threats, and aggression towards their partners in the weeks preceding the murders. Macfarlane et al. (1999) reported that violence and murder often occur during the breakdown of a relationship (Macfarlane et al, 1999, p. 302). It was also noted that 71 percent of intimate partners engaged in stalking before and after the breakup of the relationship. Therefore, Facebook surveillance could be an extension of the general stalking behaviors. Further to this, Macfarlane et al. (1999) noted the strong correlation between stalking, intimate partner violence, and murder. Thus, social media stalking and status changes could act as stressors in already volatile situations leading to murder.

Surveillance of an intimate partner’s account could be perceived as stalking, although, the more politically correct terms of “partner surveillance”, “partner monitoring”, and “anxiety reduction strategies” are often used. I will use the term “cyber stalking” and “general stalking” behaviours to account for stalking behaviours that occur not online.

Macfarlane’s (1999) statistical evidence regarding homicide and the “stalking” of intimate partners connects with the idea that, at some point in the case study couples’ relationships, perceived provocative information is uncovered which potentially triggers an attack of jealousy and subsequent loss of control. A research study by Muise, Gosling, and Graham (2009) demonstrated that members of normal populations become more jealous, the more time they spend tracking a Facebook account. Thus, for men and women with cluster B, “borderline”, “APD” (Anti Social Personality Disorder), and “narcissistic personality traits”, reading

about their ex partner's subsequent relationships could provoke even stronger reactions (Nitzburg & Farber, 2013).

Muise, Gosling, and Graham's (2009) results showed a correlation between women spending more time on social media and increased jealousy. It is possible to argue, however, that the male participants in the study may not have been honest about their Facebook usage and their level of jealousy and distress. In addition to this, individuals with borderline, narcissistic, and APD traits are likely to spend more time tracking and ruminating than the general population. This may amplify the rage and jealousy triggering a "seek", "control", "and murder pattern".

Despite the strong correlations of stalking, violence, and murder, Macfarlane et al. (1999) found it impossible to predict which of the stalkers and violent partners would commit murder. Perhaps, the answer is that the stalkers and violent partners had the potential and it required a situational factor such as an Internet posting to create an emotional state that induced murder. Also the murderers may be at variance regarding personal coping strategies. It does however seem logical that cyber-stalking and general stalking behaviors may be present in the Facebook/social media killers and these behaviors may be associated with axis II personality disorders that have a co-morbidity with an axis I condition.

The social media murderers can be compared to the domestic abuse victim who commits murder through a trigger or by a long slow burn leading to a "pressure cooker" style explosion. However, unlike the domestic violence victim, the social media killer is only a victim in his or her own mind. The extreme pain and perceived attacks are however very real to the killer (Douglas, Buegess, & Ressler, 2006).

Personality Disorder Equals Extreme Pain and Rage

It is arguable that the murders felt such extreme pain and rage because they had a pre-existing personality disorder. The personality disorders that potentially factor into the social media murderers' behaviours are: anti-social personality disorder, borderline personality disorder, and narcissistic personality disorder (Morrison, 2014, p. 529). Personality disorder traits are present in normal people but are accentuated in those who present with these disorders (Morrison, 2014, p. 530). It is these accentuated emotional responses that arguably cause extreme responses to Internet postings.

Anti-social personality was potentially prevalent in several of the killers in the case studies evidenced by a destruction of property, "serious rule violations" and prior aggression against people or animals. They may also be prolific con artists and liars. These clients show limited planning and generally impulsive behaviour. In addition to this, they generally failed to show remorse and maintain employment and often placed others in danger (Morrison, 2014, p. 542).

It is also highly likely that the murderers suffered from borderline personality traits as clients with BPD often have unstable relationships and disturbed identities. They reject people easily because of perceived slights and sins which may be "real" or "unreal". Extreme abandonment fears are also experienced. The client with borderline personality disorder, according to Morrison (2014, p. 545), often engages in self-harm and mutilation or high risk behaviours. Moreover, under extreme stress, the client may experience temporary paranoid ideation and dissociation. However, according to Ferentz (2015), it takes a client with borderline personality longer to regain a baseline state.

Narcissistic personality disorder (NPD) may also play a part as a co-morbid feature in the social media Facebook killers. A client with NPD will, according to Morrison (2014, p. 551), present with a grandiose, but

fragile personality. They are described as exaggerating their abilities and accomplishments. Often, according to Morrison (2014, p. 551), these clients will only associate with people of equal status. These clients lack empathy and are happy to exploit others. It is these personality disorders, along with commonly occurring co-morbid disorders that are explored as probable traits in the Facebook/social media murderers.

The Recreated “Strange Situation” and Borderline Personality

Relationships can be maintained online: However, according to Nitzburg and Farber (2013), the potential for virtual rooms, within rooms, and social rejection via “unfriending” or non friend request acceptance and blocking could arguably recreate Mary Ainsworth’s “strange situation”, and as a result, recreate the associated anxiety experienced by children when the mother leaves the room. Nitzsburg and Farber (2013) emphasized that individuals with anxious attachment suffer from abandonment fears and believe that others will reject them. The subject in the Nitzburg and Farber’s (2013) case study expressed “abandonment” as the worst possible punishment. The subject’s borderline tendencies and the large volume of ambiguous data made Nitzsburg and Farber’s subject struggle to maintain emotional equilibrium (Nitzsburg & Farber, 2013).

This virtual recreation of the “strange situation” could create strong emotional responses, particularly if the subject displays evidence of borderline traits, such as low impulse control (Morrison, 2014, p. 545). The abandonment fears lead to dissociation, extreme stress, and the committal of impulsive acts in order to retain a partner (Morrison, 2014, p. 546).

Substance Abuse and Social Media Murder

Hormes, Kearns, and Timko (2013) were able to correlate an excessive usage of alcohol and drugs with negative experiences in interacting with Facebook. This also correlates with the fact that individuals displaying borderline traits often also abuse drugs and alcohol. This substance abuse usage could extend time on Facebook, increase rumination, promote jealousy and fear of abandonment, and trigger impulsive behaviours and aggression towards partners. Hormes et al. (2013), however, failed to make direct links between the “borderline” traits and “severe violence”: Possibly because participants were reluctant to disclose events where cyber stalking had led to severe violence.

Several of the social media murders were known to engage in substance abuse and were under the influence at the time the murders took place. Adam Mann had been drinking and imbibing cocaine the night before he murdered Lisa Beverly. Mann also had a prior history of substance and alcohol misuse (Nitzsburg & Faber, 2013). Brian Lewis had been drinking for three hours before he returned to his home and murdered his wife.

Dutton, Saunders, Staronski, and Bartholemew (1994) studied 75 male perpetrators of violence and noted that their BPD scores related to the degree of abusiveness experienced by their intimate partners. R. A. Sansone and L. A. Sansone (2012) argued that BPD on its own has the potential for externalization of behaviour. They particularly pointed out two symptoms described in DSM 4. That is “difficulty in controlling anger” and “frequent displays of temper and physical fights” (APA, 2002). R. A. Sansone and L. A. Sansone (2012) referred to a study by Hughes, Stuart, Gordon, and Moore (2007) on 103 women who were court referred for violence and noted that BPD scores alone were associated with increasing levels of violence.

BPD and Co-morbidity and Severe Violence

In contrast, Gonzales, Igoumenou, Constantinos, and Coid (2016) carried out studies related to borderline personality and violence that focused on the amount and type of violence perpetrated and any co-morbid

conditions that were considered to exist. Their mode of study was 1400 self-report questionnaires. The study noted that men and women respond very differently to BPD symptoms. Gonzales et al. (2016) also noted that transient paranoid ideation could be experienced by those exhibiting BPD. This would support the notion that men and women could develop paranoid ideation because of a stressful breakup which is subsequently amplified by ambiguous or provocative postings which suggest there is no chance of reconciliation.

Thus, it is possible that when intimate partners present with BPD, they may “manifest persecutory ideas and episodes of extreme jealousy”. Gonzales et al. (2016) noted that although BPD was related to violence, that serious violence which caused injuries or repeated injuries appeared to be related to co-morbidity. Gonzales et al. (2016) were also able to see a correlation between BPD, co-morbidity, and substance misuse. The most interesting result was the high correlation of co-morbid anxiety disorders. It is possible to argue that these anxiety disorders could also affect a client’s cognitive skills (Landy, 2016).

In addition to this, a high level of psychosis and psychopathic traits were noted. Gonzales et al. (2016) reported that: “co-morbid substance misuse, anxiety disorder and anti social personality disorder” lead to severe violence. Gonzales et al. (2016) also stated that BPD correlated particularly to violence occurring in the home. Thus, it would suggest that BPD with APD traits might be found in the domestic/revenge social media murderers. Gonzales et al. (2016) has argued that it is the combination of the anger and impulsiveness associated with BPD that are most closely connected to occurrences of severe violence.

In trying to ascertain the trait severity level in BPD, Gonzales et al. (2016) discovered that women have a lower baseline for violence, whereas men have higher baseline for violence, are more persistent, and are likely to be violent with people other than their partner, and this links with severity of traits. What seems to be sure is that BPD traits appear in each case. Although there may be elements of “impulsive appetitive” in the motivations of the killers: Generally, the attacks on the intimate partners appear to be in the impulsive aversive category, in that the killers are reacting to threats, for example, threats of abandonment, loss of home, loss of perceived ownership of partner, loss of children, and loss of money.

Discussion

In the case studies, male murderers predominated, with only one female killing an intimate partner after seeing a social media posting. Arguably men can, in an evolutionary sense, protect themselves from assaults, hence, they receive more minor injuries (Coid, 2002). Therefore, women are known to threaten and carry out low level violence but not commit fatal attacks (Coid, 2002; D’Cruze, 2013).

Consequently, more females than males were murdered in social media related murders and this follows general gender patterns of intimate partner homicide (D’Cruze, 2013).

Rumination/Contemplation/Fantasy Period

Obsessive rumination regarding the threats and slights of an internet post and contemplation regarding killing his/her partner occurred before the murders. Generally the murders took place between one to four days from the provocative social media posting. In this stage, there were often threats made to the victim or conveyed to friends and family members. This also corresponds with Brown, Werk, Caplan, and Seraganian’s (1999), as cited by Taylor (2009), perception that a critical period exists after a breakup when a murder is more likely to occur.

The pre-meditation seems limited to the means and location of the killing. Each of the murderers transported the murder weapon to the site of the murder and had arguably chosen the location of the victim's home. During this time before the murder, the fantasy of murdering the spouse appears to become more real. Schlesinger (2008) reported that these may be violent masturbatory or other fantasies that the killer may eventually act out (Douglas et al., 2006). The planning ends at the murder scene. There appears to be little evidence of the murderers contemplating post-killing actions. These emotionally disorganized killings speak of disordered thought and rage similar to that of Douglas et al.'s (2006) description of a "revenge killing" and correspond with Schlesinger's (2008) observation that BPD with APD sufferers show high levels of disorganization and a lack of planning when they kill.

Sexual Propriety

This objectification and sexual propriety relating to women appears to be a strong feature of social media murder. According to Daly and Wilson (1988) as cited by Taylor (2009), *sexual propriety* refers to the concept of ownership. Men believe they own their woman, especially elements connected to their sexuality and ability to reproduce. Taylor (2009) emphasized that sexual propriety equates to property ownership where men are considered to believe that they own their wives and children and are thus "entitled to use violence towards them" (Taylor, 2009). D'Cruze et al. (2013) have reported that expectations of gender roles are long entrenched in the societies of England and Germany. The male is supposed to be dominant, which can lead to the notion of ownership and objectification. This sexual ownership is said to cause an evolutionary form of sexual jealousy, thus, there is a mixture of culturally supported sexual dominance and jealousy related to behaviors. According to D'Cruze et al. (2013, p. 35),

For Wilson and Daly, male sexual propriety is the key to understanding the gendered patterning of murder statistics: The fact that most murders of intimate partners are perpetrated by men could be a dangerous combination of the biological, environmental and social conditioning of the different genders. (2013, p. 35)

D'Cruze et al. (2013) appeared to reduce this sexual propriety to the underlying desire of power and control, which are then connected to perceptions of masculinity.

Thus, the men in the Facebook social media murders are displaying their manhood in their attempts to retain control of the women their lives and fend off third party threats (D'Cruze et al., 2013). According to D'Cruze et al. (2013), women are effectively being put in their place. According to Wilson (1992; 1995), Johnson (1995), and Daly (1992; 1995), as cited by Taylor (2009),

Property ownership, power, and control are at the core of homicides between partners. The tradition of male ownership of women and male need for power are played out to horribly violent conclusions. The message of femicide is that many men believe that control of female partners is a prerogative they can defend by killing women. (p. 111)

These attitudes may find a natural home in the NPD, APD clients and appeared to be a consistent feature in the killers.

Longevity of the Relationships

The couples involved in the Facebook/social media murders were generally in relationships of longevity: Therefore, the longer duration of the relationships, the higher the level of sexual proprietorial attitudes experienced (D'Cruze et al 2013). In a behavioral sense, faulty thinking and dysfunctional behaviour patterns in the relationship may have been reinforced. Furthermore, there appeared to be a significant period of time when

the murderer was or felt in control in the relationship. With the breakdown of the relationship and the advent of other situational factors, such as social postings and the wife becoming more independent (Taylor 2009) (Brian Lewis & Hayley Jones) and the emergence of new relationships in their partner's life (Married Single Dead, 02/03/2013) (Taylor 2009) (Paul Bristol & Camille Mathurasingh) (Wayne & Emma Forester), abandonment, humiliation, and a loss of control were felt. There is now potential for the borderline personality disorder sufferer with co-morbid disorders worst fears to come true, that they will be left alone (Nitzburg & Faber, 2013).

Brian Lewis, Wayne Forester, Adam Mann, and Gary Grinhoff all committed murder with their children in the home. The children were abandoned by the father, left alone to discover the bodies of their mother, with the exception of Gary Grinhoff who moved his wife's body into the garage. Gary Grinhoff left a note for his children to go to the neighbors saying that "something bad had happened" (Married Single Dead, 02/06/2013). The five year old son of Brian Lewis watched as Brian Lewis stabbed and strangled his wife, Hayley Jones (Cheston, 2008) (Married Single Dead (02/06/2013). Topping (2010) reported that a six year old daughter was present at Lisa Beverly's murder by Adam Mann. According to Topping (2010), the daughter made a 999 call after hearing the screams of her mother (Married Single Dead, 02/06/2013).

Moreover, Brian Lewis's eldest son was described as covering his mother's body with a sleeping bag and leading the other children out of the house to their grandmothers. The documentary, *Married Single Dead* (02/06/2013) also reported that none of social media murderers in the case studies interacted with their children post murder. Perhaps the children were an extension of the wife and were thus rejected at the time of the murder of their mother (Campbell, 1992). Or perhaps the murderers were ashamed or guilt ridden.

Moreover, the children's suffering could be part of his attempt to feel better at the expense of others. Or perhaps APD or NPD traits left the father "indifferent" to the feelings of the children. As Campbell (1992) reported, it is possible that the BPD, NPD killer also objectified the children (Taylor, 2009). Schlesinger (2008) reported that a person on the psychopathic APD cline will gain: "a spurious sense of pseudo-omnipotence that allows them to control and dispose of unsuspecting fellow humans" (p. 86)

Another possible theory is that as Douglas et al. (2006) stated, a revenge killer wants witnesses and who better than the killer's children to witness the punishment meted out for their mother's perceived betrayal.

It also seems symbolic that the murders took place in the family home; especially as the marriage/relationship was breaking up. It also seems symbolic that almost all of the murders took place in the bedroom. Thus, the sexual relationship having finished, caused the victim possibly to be killed in the place where sexual contact had previously occurred. The choice of the home as the primary and only crime scene is therefore strongly symbolic and indicative of an aspect of domestic homicide murder (Douglas et al., 2006).

The body was not covered up or hidden by the social media murderers and there was no or only a crude attempt to clean up the crime scene similar to a revenge killing (Douglas et al., 2006). All of the Facebook/social media murders abandoned the bodies and made little or no effort to clean up the crime scene. Gary Grinhoff covered the blood on the floor with a blanket and moved his wife's body to the garage. Jodi Arias attempted a rough cleanup leaving bloody palm prints around the home of Travis Alexander (Martin, 2013). According to Martin (2013), Jodi also washed a camera, hoping that the sex photographs she had taken with Travis and the photographs at the time of the murder would be deleted. Wayne Forester, Gary Grinhoff, Adam Mann, Brian Lewis (Green 2010), and Lewis Danyes left the bodies exposed and in the position where they died (Married Single Dead, 02/06/2013) (The Murder of Breck Bednar). Douglas et al., (2006) stated that

it would be normal for a murderer who was close to the victim to want to cover up the body, wrap it in a blanket, or close the eyes (Cheston, 2016; Douglas et al., 2006). However, anger and anxiety levels may be high after the murder, thus meeting revenge murder criteria, as described by Douglas et al (2006). Therefore, Social media murderers respond by abandoning their victim's body. Another revenge feature is that the murders generally contained "over kill" (Douglas et al., 2006).

The rage-filled killings of the Facebook murderers are generally comprised of personal methods of killing, such as stabbing and strangulation. These are features of both revenge and domestic violence homicide (Douglas et al., 2006). According to Schlesinger (2008), strangulation is used to subjugate the intimate partner, a way of acquiring total control and dominance of the victim. The killers were literally playing God. This mode of killing is common in domestic homicides according to Palermo (2008). Facial battery was also common in the Social media murders. Again the killer is utilizing hands and has the power to continue until the intimate partner dies. The killing in effect "shuts her up".

According to Canter (1999): "previously neutral artefacts become charged with meaning, a gun, a knife, a credit card, pen or baseball become important either symbolically or implementally" (p. 52). The tools of the Facebook killers were most commonly knives and meat cleavers. The use of metal has a symbolic meaning of purity. A knife, according to Schlesinger (2008), can symbolically represent a male sexual organ. Knives, according to Schlesinger (2008), are often a feature of an underlying sexual motive in a murder. It seems to make sense that an intimate partner denying sexual congress with their ex partner would penetrate their partner deeply and symbolically during the murder process with a knife.

Glynn's CBC (Canadian Broadcasting Corporation) timeline reported that: Jodi Arias stabbed Travis Alexander 27 times, shot him, and slit his throat (Glynn, 20/08/ 2016). Brian Lewis stabbed Hayley Lewis and then strangled her (Married Single Dead, 3/06/2013). Lewis Daynes, stabbed, beat, and slit the throat of Breck Bednar (The Murder of Breck Bednar). Adam Mann stabbed and attacked Lisa Beverly with a meat cleaver and knife (Topping, 2010). Sarah Richardson was stabbed and had her throat slit by Edward Richardson. Paul Bristol stabbed Camille Mathurasingh to death (Daily Mail Reporter, 2009). The proximity of the stab wounds and injuries in all the murders suggested facial battery and focused attack. It could be argued that the murderer was symbolically attempting to kill the very image of the victim. In the USA Matthew Dubois case (Green, 2010) and in the Jodi Arias case, a gun was used; this is also a common mode of killing in a revenge murder (Douglas et al., 2006). Mykkah Sanders was shot in the cheek by her jealous boyfriend, Matthew Dubois. Breck Bednar was beaten by Lewis Daynes (The Murder of Breck Bednar, 10/03/2016) and Tracy Grinhoff was bludgeoned to death.

Thus, the victim's attractiveness and beauty were being erased at the same time as the murder (Douglas et al., 2006) (Married Single Dead, 2/06/2013). The blows to the upper torso in the area of the breasts could have a symbolic significance, as they are a secondary sex organ associated with mothers. In all the Facebook social media murders, the murderer was in close proximity to the victim when the killing took place; this complies with the crime classification manual's descriptions of both "revenge" and "domestic violence homicide" (Douglas et al., 2006). The killers, according to media descriptions, were close enough to watch the life leaving the victim's body; furthermore, the killers witnessed the victim's death, just as family members witness the death of a killer at an execution.

The level of over kill and multiple stab wounds are indicative of the amount of underlying fear and rage the killer was feeling. The slitting of the throat in the cases of: Sarah Richardson, Breck Bednar, and Travis

Alexander demonstrates sadistic tendencies because of the slowness in the action of throat slitting. Another sadistic feature was Lewis Daynes' usage of duct tape to subjugate and the sexual defilement of Breck Bednar's body (Douglas et al., 2006). Symbolism appears in the murders in the form of the killer removing the very thing that has distressed them, for example the victim's voice. Edmund Kemper, the co-ed serial killer, killed his mother and removed her voice box, throwing it in the garbage disposal (Douglas & Olshaker, 1997; Douglas, 2012). Sadism, according to Schlesinger (2008), is a feature of APD and psychopathy. The desire to fulfill a fantasy or to feel strong emotions was one reason posited for such sadistic actions. The premeditation of Lewis Daynes' crime was suggestive of prior fantasizing, perhaps as Schlesinger (2008) suggested they could be masturbatory fantasies (Schlesinger, 2008, p. 25). The Facebook posts are words that hurt them; this symbolic action aims at ending the behaviors and words that are causing them intense pain.

The murderers in the Facebook/social media related cases made pleas of "not guilty" by diminished responsibility or self-defense. They showed a lack of remorse and responsibility for their actions. They often engaged in victim blaming. Gary Grinhoff described himself as "being forced to have done what he did". He also showed anger post killing in sending the wife of his wife's lover a letter informing her of the on-going affair, shortly before his suicide (Rufus, 2009). Brian Lewis blamed Facebook for his behavior and the murder of his wife and accused his wife incorrectly of infidelity. He also claimed to have no memory of the murder.

Other murderers such as Jodi Arias also claimed loss of memory and Paul Bristol stated that he felt like: "he was a passenger inside his own mind" (Murdermap.co.uk, 2016, p. 2). None of the murderers showed any significant sign of remorse; these are possible signs of APD and sociopathy, according to Schlesinger (2008). In fact, all of the murderers showed a shallow effect when they were observed post murder. The killers also often confessed to the police after failed suicide attempts or attempts to self-harm. Since their acts were unplanned, they were usually easily apprehended (Schlesinger, 2008).

Of the Facebook media killers, Brian Lewis reported thoughts of suicide ideation. Gary Grinhoff committed suicide and Matthew Dubois shot himself in the shoulder. Jodi Arias also reported suicidal ideation. Peter Moonan committed suicide and the victim of Hedi reported him as having suicidal ideation (Morrison, 2014). These patterns are suggestive of BPD and NPD. Clients with NPD contemplate suicide, but rarely complete the act. In contrast, clients with BPD are more likely to actually succeed in suicide attempts.

The murderers appeared to demonstrate feelings for themselves and their own perceived suffering, which is consistent with the APD, BPD, and NPD killer, according to Schlesinger (2008). It has been argued that there is a strong relationship between APD and BPD. The suicidal ideation is also a feature of BPD, whereas the lack of remorse or empathy could be attributed to APD and NPD. It is possible that these co-morbid combinations of APD, BPD, and NPD, with an anxiety disorder, could lead the sufferer to feel intense pain, which they externalize because of the APD, narcissistic traits. They are both "internalizing" and "externalizing" their pain at the same time. This makes the combination dangerous and likely to lead to severe violence (Taylor, 2009).

The BPD, NPD, and APD personality with co-morbid conditions needs intensive counseling and support, the perceived pain and slights they feel are "real" in the minds of the sufferer (Morrison, 2014). Possibly cognitive behaviour therapy (CBT), particularly dialectical behaviour therapy could enable the BPD, NPD, and APD client to cope with the emotions of: anger, fear of abandonment, loneliness, paranoia, and suspicion. The client could learn strategies for dealing and end the destructive psychological rumination of the online status changes and postings (Ferentz, 2015; Evans & Sullivan, 1995; Fjelstad, 2013).

Therapists can assist clients by challenging faulty thinking. According to Evans and Sullivan (1995), seeing symptoms specifically in the context of the emotional trauma can encourage clients to see consider the possibility of hope. In viewing the emotions as symptoms, these symptoms can be labelled and removed (Pershall, 2014). Evans and Sullivan (1995) also noted that it is important to move slowly celebrating even the smallest of movement in “letting go”, “forgiving”, and “accepting situations.”

Conclusion

The preliminary study argues that there is a strong correlation between personality disorders, stalking behaviours, and violence to intimate partners. It was evident from the literature reviewed and the cases studies that social media interaction can be difficult for those psychologically vulnerable, for example clients with borderline personality have found it difficult to cope with. Moreover, the related online postings can often be a factor in a domestic/revenge murder. The preponderance of correlations suggests that killers’ extreme behaviors may be related to “insecure attachments”, “personality disorders”, predominantly, BPD with co-morbid disorders, and sociopathic traits (Nitzburg & Farber, 2013). A general rule would suggest that the combining BPD with an axis I or a pick a mix of other PD traits appears to raise the chance of severe violence.

The social media postings and interactions made by victims appear to have already exacerbated volatile domestic situations leading to murders with the primary motive of power and dominance. In order to maintain control, the killer feels that he must kill his wife (Taylor, 2009). Personality disorders are a potentially common place occurrence, as is social media usage and usage is likely to rise even further. With more and more of our personal lives appearing in the virtual grooming and gossip sites (Madden, 2016), professionals need to take seriously the potential that social media has for acting as a stressor, particularly for clients with personality disorders.

Finally, I consider it is important to carry out further study to on the effects of social media on psychologically vulnerable groups.

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