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Meanings Synonyms Sentences To dislike or wish to avoid; have a strong aversion to. To have strong dislike or ill will for; loathe; despise. To be disinclined (to do something) out of politeness or a need to apologize. I hate to interrupt, but can I ask you a quick question? A strong feeling of dislike or ill will; hatred. (Internet, colloquial) Negative feedback, abusive behaviour. There was a lot of hate in the comments on my vlog about Justin Beiber from his fans. Based on, expressing, or characterized by hatred of a particular race, religion, etc. A hate group, a piece of hate mail. To ridicule, insult, or act hatefully toward: Stop hating on them—they're my friends. From Middle English haten, from Old English hatian ("to hate, treat as an enemy"), from Proto-Germanic *hātōną ("to hate"), from Proto-Germanic *hataz ("hated, hate"), from Proto-Indo-European *h₂ad- ("strong emotion"). Cognate with Dutch hater, German hassen, Swedish hata, French hater (a Germanic borrowing). From Wiktionary From Old English hete, from Proto-Germanic *hataz. Cognate with West Frisian haat, Dutch haat, German Hass, Swedish hat, from Wiktionary Middle English haten from Old English hatian N., Middle English from Old English hete From American Heritage Dictionary of the English Language, 5th Edition For other uses, see Hatred (disambiguation). "Hate" redirects here. For other uses, see Hate (disambiguation). Hatred or hate is an intense negative emotional response towards certain people, things or ideas, usually related to opposition or revulsion toward something.[1] Hatred is often associated with intense feelings of anger, contempt, and disgust. Hatred is sometimes seen as the opposite of love. A man glowering, expressing hatred or jealousy. A number of different definitions and perspectives on hatred have been put forth. Philosophers have been concerned with understanding the essence and nature of hatred, while some religions view it positively and encourage hatred toward certain outgroups. Social and psychological theorists have understood hatred in a utilitarian sense. Certain public displays of hatred are sometimes legally proscribed in the context of pluralistic cultures that value tolerance. Hatred may encompass a wide range of gradations of emotion and have very different expressions depending on the cultural context and the situation that triggers the emotional or intellectual response. Based on the context in which hatred occurs, it may be viewed favorably, unfavorably, or neutrally by different societies. As an emotion, hatred can be short-lived or long-lasting.[2] It can be of low intensity - 'I hate broccoli' - or high intensity: 'I hate the whole world'.[3] In some cases, hatred can be a learned response from external influences, such as from being abused, misled, or manipulated. As a general rule, hatred is the deep psychological response to feeling trapped or being unable to understand certain sociological phenomena. Robert Sternberg saw three main elements in hatred: a negation of intimacy, by creating distance when closeness had become threatening; an infusion of passion, such as fear or anger; a decision to devalue a previously valued object.[2] The important self-protective function, to be found in hatred,[4] can be illustrated by Steinberg's analysis of 'mutinous' hatred, whereby a dependent relationship is repudiated in a quest for autonomy.[5] Sigmund Freud defined hate as an ego state that wishes to destroy 'the source of its unhappiness, stressing that it was linked to the question of self-preservation.[6] Donald Winnicott highlighted the developmental step involved in hatred, with its recognition of an outside object: "As compared to magical destruction, aggressive ideas and behaviour take on a positive value, and hate becomes a sign of civilization".[7] In his wake, object relations theory has emphasised the importance of recognising hate in the analytic setting: the analyst acknowledges his own hate (as revealed in the strict time-limits and the fee charged),[8] which in turn may make it possible for the patient to acknowledge and contain their previously concealed hate for the analyst.[4] Adam Phillips went so far as to suggest that true kindness is impossible in a relationship without hating and being hated, so that an sentimental acknowledgement of interpersonal frustrations and their associated hostilities can allow real love-feeling to emerge.[9] In legal jargon, a hate crime (also known as a "bias-motivated crime") is a criminal act which may or may not be motivated by hate. Those who commit hate crimes target victims because of their perceived membership in a certain social group, usually defined by race, gender, religion, sexual orientation, mental disorder, disability, class, ethnicity, nationality, age, gender identity, or political affiliation.[10] Incidents may involve physical assault, destruction of property, bullying, harassment, verbal abuse or insults, or offensive graffiti or letters (hate mail).[11] Hate speech is speech perceived to disparage a person or group of people based on their social or ethnic group.[12] Such as race, sex, age, ethnicity, nationality, religion, sexual orientation, gender identity, mental disorder, disability, language ability, ideology, social class, occupation, appearance (height, weight, skin color, etc.), mental capacity, and any other distinction that might be considered a liability. The term covers written as well as oral communication and some forms of behaviors in a public setting. It is also sometimes called antilocution and is the first point on Allport's scale which measures prejudice in a society. In many countries, deliberate use of hate speech is a criminal offence prohibited under incitement to hatred legislation. It is often alleged that the criminalization of hate speech is sometimes used to discourage legitimate discussion of negative aspects of voluntary behavior (such as political persuasion, religious adherence and philosophical allegiance). There is also some question as to whether or not hate speech falls under the protection of freedom of speech in some countries. Both of these classifications have sparked debate, with counter-arguments such as, but not limited to, a difficulty in distinguishing motive and intent for crimes, as well as philosophical debate on the validity of valuing targeted hatred as a greater crime than some general misanthropy and contempt for humanity being a potentially equal crime in and of itself.[citation needed] The neural correlates of hate have been investigated with an fMRI procedure. In this experiment, people had their brains scanned while viewing pictures of people they hated. The results showed increased activity in the middle frontal gyrus, right putamen, bilaterally in the premotor cortex, in the frontal pole, and bilaterally in the medial insular cortex of the human brain.[13] Those suffering from Misophonia have been known to express hatred when triggered.[14] Hate, like love, takes different shapes and forms in different languages.[15] While it may be fair to say that one single emotion exists in English, French (haine), and German (Hass), hate is historically situated and culturally constructed; it varies in the forms in which it is manifested. Thus a certain relationship hatred is expressed in the French expression 'j'ai la haine, which has no precise equivalent in English; while for English-speakers, loving and hating invariably involve a force, an object, or a person, and therefore, a relationship with something or someone, 'J'ai la haine (literally, I have hate) precludes the idea of an emotion directed at a person.[16] This is a form of frustration, apathy and animosity which churns within the subject but establishes no relationship with the world, other than an aimless desire for destruction. French forms of anti-Americanism have been seen as a specific form of cultural resentment, registering joy-in-hate.[17] A United Nations Special Rapporteur on freedom and religion cited the concept of collective hatred based on religion, which he described as a man-made phenomenon caused by deliberate actions and omissions of hate-mongers.[18] Hatred can also be sanctioned by religion. The Hebrew word describing the psalmist's "perfect hatred" (Ps. 139:22) means that it "brings a process to completion".[19] Religion can employ extreme speech in an attempt to convert non adherents and that extreme speech made against other religions or their adherents can result in situations of religious hatred.[20] Philosophers from the ancient time sought to describe hatred and today, there are different definitions available. Aristotle, for instance, viewed it as distinct from anger and rage, describing hate as a desire to annihilate an object and is incurable by time.[21] David Hume also offered his own conceptualization, maintaining that hatred is not definable at all.[22] Discrimination Duluth lynchings Forgiveness Gossip Misanthropy Moral emotions Nineteen Eighty-Four Resentment Revenge Self-compassion Self-loathing Two Minutes Hate Zelyonka attack ^ Reber, A. S., & Reber, E. (2002). The Penguin dictionary of psychology. 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Beck Becoming Evil: How Ordinary People Commit Genocide and Mass Killing by James Waller Ethnolinguistics and Cultural Concepts: truth, love, hate & war, by James W. Underhill, Cambridge: Cambridge University Press. "Hatred as an Attitude" by Thomas Brudholm (in Philosophical Papers 39, 2010). The Globalisation of Hate, (eds.) Jennifer Schweppe and Mark Walters, Oxford: Oxford University Press. Retrieved from " Hate, it appears, sings with a different cadence throughout our lifetimes. When we first learn of it, it's foreign, formidable and forbidden, almost like a curse word. During hormone-fueled adolescence, hate suddenly becomes more accessible. Now it sounds like a pesky jingle dedicated to just about anything—from Brecht to Britney Spears. All through adulthood, its catchy rhythms still linger on our screens and in our hearts. But as seasons pass, we learn to distance ourselves from its jarring chords. Hate becomes too dissonant of an opus to endure, or in Martin Luther King Jr.'s words, "too great a burden to bear." Here are nine insights on hate from psychologist Agnetta Fischer and her research on this searing emotion. Hate is often misunderstood Hate involves an appraisal that a person or group is evil. While hate relates to other negative emotions, it also has some unique features, such as the motivation to eliminate the object of your hate. Revenge is often a part of hate, because the idea behind revenge is to want to hurt the person/group as much as you have been hurt by them. In daily life, the word hate is used very casually (e.g., I hate my teacher because she gave me a bad grade). People don't usually mean that. When we ask participants to recall an experience when they felt hate, they do not usually recall these types of casual events. In fact, one of the challenges of studying hate is that most people can't think of a time when they experienced true hate. It seems easier to hate groups than individuals One surprising finding from our research is that hate spreads and increases quicker if it's directed at a group, rather than an individual. When you hate a group, the intensity of your hate can grow without you being confronted with specific persons or contrasting information from the group—you are basing your hate on stereotypes and prejudices. If you hate an individual, your hate may be countered with empathy or a reappraisal of the person when they prove their positive side. In fact, when we asked people in conflict regions to tell us their stories in which they hated someone, 80% talked about groups and not individuals. Differences between hate, anger, and contempt Hate vs anger The theoretical difference between hate and anger is that hate involves the whole individual/group, and not a particular aspect of the individual/group. You hate someone because of what they are, and you are angry at someone because of what they did. 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With hate, you cannot be indifferent towards the person. You are more engaged, because you want to get rid of them—whether socially, mentally or physically. Hate spreads easier than anger Hate can spread from one generation to another much easier than anger or frustration. For example, when we asked people who had experienced a war themselves and people who had only heard about it from others' stories, the amount of reported hate was the same for both groups. This means that not only can people hate others based on others' experiences, but that hate can be as intense as if they had experienced the event themselves. This was not the case with anger, which tends to be more intense if you experience the anger-causing event firsthand. Physiology of hate Unlike anger, there is no physiological pattern that is characteristic of hate, because hate is a long-term experience. Someone can do something to make you immediately angry, but usually, you need more information to hate someone. In the heat of the moment, however, the arousal patterns of hate in the brain and the body may be similar to anger. Dealing with hate There is a lot of confusion about hate and what it really means. If people realize that hate is something much bigger, that it includes the desire to eliminate others, maybe they will change the way they use the word. It takes emotional intelligence to discern between feelings. But it is something that can be developed. Perhaps making people understand what they are actually thinking and feeling, and why, when they say "I hate you," or disentangling the different ingredients of their negative emotions, might be helpful. For example, you could say, "I know you are saying I hate you, which means there is nothing positive that you can detect about this person or group, nothing that you have in common, is not really true?" I think it's better not to let your emotions reach the level of hate, and to start working on them while you are still angry. If it doesn't work, consider whether you still want that relationship. Hate can dissolve over time if the hated individual/group leaves your life, changes completely, or if you can work on changing the way you think about them. But don't count on it happening from one day to another. One needs to work on the disappearance of hate, like one needs to work on maintaining love. Many thanks to Agnetta Fischer for her time and insights. Fischer is a professor in Emotions and Affective Processes in the Social Psychology department at the University of Amsterdam, its catchy rhythms still linger on our screens and in our hearts. But as seasons pass, we learn to distance ourselves from its jarring chords. Hate becomes too dissonant of an opus to endure, or in Martin Luther King Jr.'s words, "too great a burden to bear." Here are nine insights on hate from psychologist Agnetta Fischer and her research on this searing emotion. 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When you hate a group, the intensity of your hate can grow without you being confronted with specific persons or contrasting information from the group—you are basing your hate on stereotypes and prejudices. If you hate an individual, your hate may be countered with empathy or a reappraisal of the person when they prove their positive side. In fact, when we asked people in conflict regions to tell us their stories in which they hated someone, 80% talked about groups and not individuals. Differences between hate, anger, and contempt Hate vs anger The theoretical difference between hate and anger is that hate involves the whole individual/group, and not a particular aspect of the individual/group. You hate someone because of what they are, and you are angry at someone because of what they did. Anger, thus, can be considered more in terms of behavior. When people are angry at someone, they often have the feeling that they can control the other person. 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