

## Appendix L

# Maneuvers an Abuser Uses to Keep You from Leaving

- Promises to change
- Enters therapy or an abusers' program
- Stops drinking/attends AA
- Apologizes
- Says no one else will want you
- Says you're abandoning him
- Threatens to kidnap/take custody of the children
- Threatens to withhold finances
- Acts nice
- Persuades others to pressure you into giving him another chance
- Threatens suicide
- Spreads rumors or your confidential information
- Starts a relationship/affair to upset you

## Maneuvers an Abuser Uses to Keep You from Leaving

- Insists he's changed
- Threatens or assaults anyone helping you or starting a relationship with you
- Gets you pregnant
- Stalks you
- Physically/sexually assaults you
- Destroys property
- Threatens to harm or kill you

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