

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

- 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

This above material contains excerpt(s) from WHY DOES HE DO THAT?: INSIDE THE MINDS OF ABUSIVE AND CONTROLLING MEN by Lundy Bancroft, copyright © 2002 by Lundy Bancroft. Used by permission of G. P. Putnam's Sons Books for Young Readers, an imprint of Penguin Young Readers Group, a division of Penguin Random House LLC. All rights reserved. Any third party use of this material, outside of this publication, is prohibited. Interested parties must apply directly to Penguin Random House LLC for permission.