

Appendix G

Reasons You May Leave an Abusive Relationship

- You believe the next abusive incident could be fatal.
- He is either sexually or physically abusing the children.
- The children are acting abusive, and you realize you need to remove them from the abusive situation.
- You are informed of available help via internet, radio, TV, church, etc.
- You are encouraged by other women who have left.
- You receive the support you need from a friend, family member, counselor, or church leader.
- You are learning to truly love yourself.

I find it interesting that the list of reasons to stay is nearly four times as long as the list of reasons to go. The more you attempt to justify staying, the longer your list will grow. Even more revealing, notice that nowhere in the reasons to stay does it mention loving

yourself. As a matter of fact, if you carefully reread the reasons to stay, you will notice that each “reason” is fueled by fear, anxiety, faulty assumptions, and lies. But when it comes to needing a reason to leave, you truly need only one. Choosing to love yourself. And if you have children, loving yourself is loving them.