

Appendix F

Reasons You May Remain in an Abusive Relationship

- You fear your abuser will become more violent, perhaps fatally so, if you try to leave.
- You want to protect your partner's and/or your family's image.
- Your partner is your support system, even though he is abusive. Psychologically, he has destroyed your outside relationships.
- You think this time will be the last time; he will change.
- You fear being a single parent with a reduced income.
- You fear he will stalk you and harass you at your workplace.
- You do not realize you have the right *not* to be abused.
- Your only desire for change is *not to be abused*.
- You fear living alone.
- You were raised in an abusive home, and this feels normal.
- You think the abuse will stop if you will only . . .

- Religious and cultural beliefs keep you in the marriage.
- You stay for the children; any father is better than none.
- Your confidence has deteriorated as a result of continuous put-downs, name-calling, or other forms of abusive behavior.
- You have no place to go. Often friends and family are not helpful.
- You have feelings of powerlessness and fear.
- You believe that all you have in life is your family, house, children, husband, and/or marriage. They are your responsibility, and you must fix whatever goes wrong.
- You believe divorce is not a viable option.
- Your partner is not always abusive. After the violence, he is often contrite, asking for forgiveness, promising to change, and acting like the model father and husband . . . for a while.
- You feel trapped and do not know about support services.
- You believe that if you disclose the secret, no one will believe you. He is a pillar in the community and/or church.
- You believe the law will not take you seriously and that he will not be punished.
- You fear the complexities of the legal system. Lawyers are expensive.
- You still love him.