

Abuse between romantic partners-domestic violence-can take many forms
It can be overt, such as physical abuse, or subtle, such as controlling
a partner through emotional, financial or mental manipulation.

Common Reactions

Depression	Suicidal Thoughts	Fear	Social Withdrawal
Denial	Substance Use	Anxiety	Shame
Self-Blame	Uncertainty For The Future		

Why Do People Stay?...

Fear

That the abuser may harm themselves, children, pets or property if they leave. They may fear more abuse if caught leaving. The most dangerous time is when one first leaves the relationship.

Rationalization

The victim may believe they deserve the abuse, tell themselves it is not so bad or others have it worse, feel the relationship is otherwise good, and believe that the abuser will change/stop.

Resource Limitations

Abusers may prevent the victim from working, control their money, or threaten to steal their possessions. Many victims face homelessness or may struggle to support their children if they leave.

Cultural Stigma

The victim may be part of a culture in which abuse is accepted or divorce may result in being disowned. They may risk losing friends, family, their children and their entire support system if they leave.

Abuse is wide spread and does not discriminate. Abuse can happen to anyone.

Remember: IT IS NOT YOUR FAULT!!