



WHY DOES A PERSON stay?

HOW YOU CAN HELP

- Acknowledge their situation is difficult, scary, and it is brave of them to regain control.
- Do not judge their decisions.
- Don't speak poorly of the abusive partner.
- Continue to support them if they do not end the relationship.
- Offer to go with them to meet with an advocate or legal setting.

LACK OF RESOURCES

They may be financially dependent on their abusive partner. Or they may have been denied the opportunity to work or have access to funds.

EMBARRASSED

They may feel like a "failure" as a spouse, parent, or companion. They may be embarrassed about ending or staying in the relationship.

BELIEF THAT IT IS BETTER FOR THE CHILDREN

A belief the children need their partner and/or that staying with the partner will provide a better life and they will all be better financially.

EMOTIONAL DEPENDENCE

They may still be in love with their partner, or their sense of worth/being is linked to their partner. They may want to avoid the social stigma of a divorce or a broken relationship.

LEARNED HELPLESSNESS

They believe they have no power or control of the situation. Often this is a result of a previous attempt to leave being blocked by the police, counselors, friends, or relatives.

SHAME

They may feel they have provoked the abuse. They may feel they have done something wrong, or they deserve the abuse. It may be difficult for them to admit they've been or are being abused. They may think experiencing abuse is a sign of weakness.

ISOLATION

They have few or no sources of support, no car, money, or phone.

HOPE THIS WILL BE THE LAST TIME

They often still have strong, intimate feelings for their abusive partner. They hope their partner will return to being the person they fell in love with.

FEAR

They are likely afraid of the consequences if they decide to leave their relationship.

INTIMIDATION

They may be intimidated into staying in the relationship by threats. They can be verbal, physical, or threats to spread information such as secrets or confidential details.

