

BARRIERS to LEAVING an ABUSIVE RELATIONSHIP

Many people ask “Why doesn’t the victim leave? Why does the victim stay?” it is not that simple. It is important to understand that there are many barriers to safety in an abusive relationship. Leaving is often dangerous and there are many factors a survivor must consider in the analysis of how to respond to an abusive partner.

No matter the reason, leaving any relationship can be difficult; doing so in an abusive situation can feel impossible without the right access to support.



Isolation

Being cut off from supportive networks and others



Fear

Fear of harm, retaliation, hurting loved ones, not being believed, etc.



Physical Harm

Physical harm after calling the police or asking for medical help.



Threats

Threats to hurt children or themselves, pets, etc.



Shame

Believing that the abuse is their fault.



Homelessness

Threats of kicking them or their children out of the home.



Many More

There is many more than just the ones listed above.