

Why People Stay in Abusive Relationships: More Reasons

Emotional/Psychological Reasons:

- Guilt
- Companionship
- Familiarity
- Emptiness
- Loneliness
- Fear of the future
- Fear of no one wanting him/her
- Abuser's manipulation and control
- Love
- Feeling undeserving of better/low self-esteem
- Codependency
- Intimacy
- Feeling sorry for the abuser
- Holding out hope for survival of the relationship
- Fantasy

Physical Reasons:

- Care giving
- Sex
- Age difference
- High passion level of sex

Social Reasons:

- Not wanting to cause anyone pain
- Attraction to power-positioned person that makes him/her look good

Other Reasons:

- The relationship is in a comfort zone
- The relationship is in the honeymoon stage of the abuse cycle
- Involvement of children
- Potential for a short-term good time

Adapted from Mid-Valley Women's Crisis Service, Salem, Oregon



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How Abusers Keep Their Partners from Leaving

Though it seems to outsiders that leaving an abusive partner is simple, the reality is abusive partners do whatever they can to make leaving impossible. Abusers make a conscious choice to manipulate, control, and prevent their victims from leaving. The following is a list of a few ways abusers have admitted to preventing their partners from leaving:

- I threatened to kill her/the children/the pets/people she loves if she left.
- I told her she can never be free of me.
- I reminded her that I have all the money.
- I have kept her isolated from others so she has nowhere to go.
- I told her family to convince her to stay.
- I convinced her friends that I was a good guy to get them on my side.
- I told her that it would hurt the children to lose their father.
- I told her that she would be cast out of the church.
- I told her that no one would help her because shelters are for people who really need help.
- I would chip away at her self-esteem so she believed she wasn't capable of leaving.
- I would scare her so badly that she couldn't think straight and couldn't make a plan to leave.
- I threatened to get sole custody of the children.
- I threatened to tell the world she was a bad mother.
- I said I would tell everyone she is crazy, and prove it by pointing out her erratic behavior.
- I convinced her that she is crazy.
- I told her I would prove to everyone that she is a "whore" or "slut" if she ever left.
- I moved us way out in the country so she couldn't get any help.
- I made sure we didn't have a phone.
- I held onto all of her important legal documents and those of the children.
- I wouldn't let her work so she would have no money and no work history.
- I would brainwash the children so they wouldn't go with her, and I knew she wouldn't leave without them.
- I threatened to destroy all of her belongings.
- I made her hit the children by saying I would hit them (and harder), then threatened her with the information if she ever left.
- I convinced her that I really love her and that her love could change me.
- I told her if she ever leaves me I would kill myself.
- I convinced her not to leave if I got drug treatment.
- I would sometimes be extra helpful and nice to convince her to stay.
- I told her I was just stressed out and when the stress is over, the violence will end.
- I reminded her of all the good times we had together.
- I convinced her that no one else would love her.
- I told her that I helped her so many times that she needs to stick by me.

