

# WHY DO PEOPLE STAY IN ABUSIVE RELATIONSHIPS

**FEAR FOR SAFETY:** THE VICTIM MAY FEAR THAT LEAVING THE RELATIONSHIP WILL ESCALATE THE ABUSE OR RETALIATION FROM THE ABUSER. THREATS MADE BY THE ABUSER CAN CONTRIBUTE TO THIS FEAR.

**LOW SELF-ESTEEM:** THE VICTIM'S SELF-ESTEEM MAY HAVE BEEN ERODED OVER TIME BY THE ABUSER'S MANIPULATION AND CRITICISM. THEY MAY BELIEVE THEY DESERVE THE ABUSE OR FEEL THEY CAN'T FIND SOMEONE ELSE WHO WOULD CARE FOR THEM.

**ISOLATION AND DEPENDENCY:** ABUSERS OFTEN ISOLATE THEIR VICTIMS FROM FRIENDS, FAMILY, AND SUPPORT NETWORKS. THIS ISOLATION CAN CREATE A SENSE OF DEPENDENCY ON THE ABUSER FOR EMOTIONAL AND FINANCIAL SUPPORT, MAKING IT DIFFICULT TO LEAVE.

**FINANCIAL CONSTRAINTS:** ECONOMIC DEPENDENCE ON THE ABUSER CAN MAKE IT CHALLENGING FOR THE VICTIM TO LEAVE. THEY MAY LACK THE FINANCIAL RESOURCES TO SUPPORT THEMSELVES AND THEIR CHILDREN INDEPENDENTLY.

**CULTURAL AND RELIGIOUS FACTORS:** CULTURAL OR RELIGIOUS BELIEFS MAY DISCOURAGE LEAVING A MARRIAGE OR RELATIONSHIP, EVEN IF IT'S ABUSIVE. COMMUNITY PRESSURE OR FEAR OF OSTRACISM CAN PLAY A ROLE IN KEEPING VICTIMS IN ABUSIVE SITUATIONS.

**HOPE FOR CHANGE:** SOME VICTIMS OFTEN HOLD ONTO THE HOPE THAT THE ABUSER WILL CHANGE OR THAT THE RELATIONSHIP WILL IMPROVE. ABUSERS MAY MANIPULATE THIS HOPE, PROMISING TO CHANGE THEIR BEHAVIOR AND SEEK FORGIVENESS.

BREAKING FREE FROM AN ABUSIVE RELATIONSHIP CAN BE REALLY TOUGH WHEN VARIOUS FACTORS COMBINE TO TRAP VICTIMS. HOWEVER, THERE IS HOPE! IF YOU OR SOMEONE YOU CARE ABOUT IS IN THIS SITUATION, DON'T DESPAIR - REACH OUT TO A PROFESSIONAL OR US AT [INFO@SLIDFND.ORG](mailto:INFO@SLIDFND.ORG).

YOU DESERVE A LIFE OF SAFETY AND HAPPINESS.