



### **Why it's not easy to leave a violent relationship**

People often wonder why those suffering from domestic violence don't simply leave a violent relationship. The fact is that leaving a violent relationship is not easy. Most often, the victim is isolated- emotionally, physically, and economically- from friends, family and other support systems. Some of the factors are listed below:

<b>Economic Dependence:</b>	Who will support the victim and the children?
<b>Parenting:</b>	The victim wants the children to have two parents.
<b>Religious:</b>	The victim feels pressure to work things out and save the marriage no matter what the cost.
<b>Family:</b>	Extended family pressures the victim to keep the family together.
<b>Fear:</b>	Fears of being alone, of being on one's own, that one can't cope with the home and children without a partner.
<b>Loyalty:</b>	If the abuser had cancer, the victim would stick by the abuser.
<b>Pity:</b>	The victim views the abuser as being much worse off than the victim is: the victim feels sorry for the abuser.
<b>Rescue Complex:</b>	If the victim stays, the victim can "save" the abuser and help them to get better.
<b>Fear of Suicide:</b>	The abuser says they'll kill themselves if the victim leaves.
<b>Denial:</b>	The victim convinces themselves that it's not really that bad.
<b>Love:</b>	The victim loves the abuser, and the abuser is quite often loving and lovable when they are not being abusive.
<b>Duty:</b>	The victim said they'd stay married to the abuser "til death do us part".
<b>Guilt:</b>	The victim feels, and the abuser claims, that the abuse is the victim's fault; the victim is the cause of all the abuser's problems.
<b>Shame &amp; Humiliation:</b>	The victim doesn't want anyone to know.
<b>Security:</b>	The victim believes in the American dream of growing up and living happily ever after.
<b>Identity:</b>	The victim may believe that they need a partner in order to be complete.
<b>Low Self Esteem:</b>	It must be the victim's fault; the victim must deserve it; the victim will never find anyone better; a little love is better than no love at all.
<b>Gender Role Conditioning:</b>	That's just the way masculinity and power is.

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### **Asian Women's Home**

A program of Asian Americans for Community Involvement (AACI).

Services provided in English and Asian languages.

**24-Hour Domestic Violence Hotline: 408-975-2739**