



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:

Economic Dependence:	Who will support the victim and the children?
Parenting:	The victim wants the children to have two parents.
Religious:	The victim feels pressure to work things out and save the marriage no matter what the cost.
Family:	Extended family pressures the victim to keep the family together.
Fear:	Fears of being alone, of being on one's own, that one can't cope with the home and children without a partner.
Loyalty:	If the abuser had cancer, the victim would stick by the abuser.
Pity:	The victim views the abuser as being much worse off than the victim is: the victim feels sorry for the abuser.
Rescue Complex:	If the victim stays, the victim can "save" the abuser and help them to get better.
Fear of Suicide:	The abuser says they'll kill themselves if the victim leaves.
Denial:	The victim convinces themselves that it's not really that bad.
Love:	The victim loves the abuser, and the abuser is quite often loving and lovable when they are not being abusive.
Duty:	The victim said they'd stay married to the abuser "til death do us part".
Guilt:	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.
Shame & Humiliation:	The victim doesn't want anyone to know.
Security:	The victim believes in the American dream of growing up and living happily ever after.
Identity:	The victim may believe that they need a partner in order to be complete.
Low Self Esteem:	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.
Gender Role Conditioning:	That's just the way masculinity and power is.

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