

## **21 REASONS WOMEN GIVE FOR STAYING IN AN ABUSIVE RELATIONSHIP**

- 1) Economic dependence** – Who will support me and my family?
- 2) Parenting** – A crazy father is better than no father at all
- 3) Religious and Family Pressure** – to keep the family together
- 4) Security** – Fear of being alone and not believing that she can cope with the children and home by herself
- 5) Loyalty** – He's sick, if he had a broken leg or cancer I would stay; this is no different
- 6) Pity** – He is so much worse off than I
- 7) "Saviour Complex"** – If I stay, I can help him get better
- 8) Fear of his suicide** – He says he'll kill himself if I leave
- 9) Denial** – It's not really that bad
- 10) Love** – I love him> When he's not drunk, high, angry, he is quite loving & lovable
- 11) Duty** – I said I would stay married to him until death do us part
- 12) Guilty** – He says the marriage problems are her fault and that she caused his problems and she believes him.
- 13) Responsibility** – Many people feel it is the women's responsibility to keep the marriage together emotionally and the husband's responsibility financially. She believes it.
- 14) Shame, Embarrassment, and Humiliation** – I don't want anyone to know
- 15) Identity** – Many people need a partner to feel complete
- 16) Optimism** – Things will get better
- 17) Low Self-Esteem** – it must be my fault, I must deserve it, I'll never find anyone better, and A little love is better than no love at all.
- 18) Survival** – He has threatened to find her when she leaves and kill her and/or the children
- 19) Learned Helplessness** – the feelings of passivity & paralysis which begin when a women is battered are reinforced by the response of the family, friends and helping professionals who ignore the problem, don't believe it really happened and/or blame the women
- 20) "Stockholm Phenomenon"** – When hostages are held for a period of time by their captors, they begin to identify with their captor. This syndrome is manifested by many battered women who are literally held hostage by their husbands. Boyfriends/partners
- 21) When a person lives in unending terror/stress their ability to resist gets worn away. They become confused, exhausted and lack the energy required to make changes.**

Leduc & District Victim Services  
780-980-7232