

# • DOMESTIC VIOLENCE ACTION CENTRE •

THESE ARE JUST SOME EXAMPLES OF

## BARRIERS TO LEAVING

AN UNHEALTHY AND ABUSIVE RELATIONSHIP

### FEAR

Fear that they may harm or kill you/ children/ others or themselves.  
Fear you won't be able to take care of yourself and the children alone.  
Same sex relationship, you may fear being "outed" or no one will believe you.  
Fear of being alone.

70% of homicides happen during or just after separation; women are aware that leaving is highly dangerous.

### FINANCIAL & LEGAL

Fear of custody outcomes.  
Worried about going to court and having to relive/ tell what has happened.  
You may not be able to afford legal costs.

You are financially dependent on your partner for shelter, food and other necessities and you don't know how you would cope alone.

### FAMILY & FRIENDS

You feel ashamed, embarrassed, and humiliated and you don't want anyone to know what is happening. They like/love you and your partner, & a break up could mean losing them too.

Your family and friends make leaving more complicated and complex. When you break up, you feel like you lose them too.

### PROMISES & HOPE

You believe that things will get better.  
You believe that no one else will love you.  
You believe that you can help/change them .

You once loved this person, & if they make you promises, you want to believe them

### PRESSURE

You want to try to keep the family together and live up to your religious commitment to remain with your partner.  
Culturally it is expected to stay with your partner & raise children together, no matter what.

Cultural or religious pressures can make it difficult to leave.

### CHILDREN

You believe children need two parents & don't want to raise them alone. You believe you cannot give the children the same lifestyle they are accustomed to.  
Fear your children will be taken by welfare or even out of Australia.

You can protect your children if you stay; . leaving means a violent parent could potentially harm the children whilst in their care.



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