



*Giving voice to the unspeakable...  
responding to domestic abuse in Jewish homes.*

## **Barriers to Leaving an Abusive Relationship**

### **Women fear:**

- *Losing custody of their children*
- *Being alone*
- *Having severely limited finances*
- *Their partner will hurt themselves or other family members*
- *That no one will believe them*
- *That the violence and harassment will continue or may escalate*
- *That they may never be safe*

### **Barriers to Leaving:**

- Each abusive incident lowers self-esteem and diverts the energy it takes to leave the relationship.
- A form of brainwashing occurs.
- They feel love for a partner who can also be loving, kind, charming and gentle.
- They feel helpless, trapped and powerless. They have lost hope.
- They deny the existence or extent of abuse in the relationship.
- They are ashamed about being abused.
- They blame themselves for “causing” the problem.
- They feel confused, out of control, exhausted.
- They feel isolated from friends and family: lack of support system.
- They believe their religion demands that they stay.
- They feel guilty and responsible for not keeping the relationship and the family together.
- They believe things will get better; abuse is not 24/7.
- They fear dating, meeting someone new, repeating the same situation.
- They don't know there are other options; that SHALVA is here to help.

**If any of these examples apply to your relationship, call SHALVA for a free confidential consultation.**

***For more information call SHALVA 773-583-HOPE (4673)***