

Why Don't They Just Leave?

UNDERSTANDING THE BARRIERS TO LEAVING DOMESTIC ABUSE



The Reality of Leaving

Domestic Abuse

Leaving an abusive relationship is not as simple as it seems. Survivors face many obstacles that make escaping extremely difficult.

Barriers That Keep Victims Trapped:

- Fear of retaliation and increased violence
- Financial dependence and lack of resources
- Emotional manipulation and psychological control
- Isolation from family and friends
- Cultural or religious pressures
- Concern for children's well-being

The Cycle of Abuse

Abusers often alternate between charm and cruelty, making victims feel hope for change before violence resumes.



The Emotional and Psychological Impact

- Gaslighting and self-doubt
- Learned helplessness and trauma bonding
- Guilt, shame, and fear of judgment

How to Support a Survivor

- Believe them and listen without judgment
- Help them create a safety plan
- Encourage professional support and resources
- Be patient; leaving takes time and courage



SIX MHA APP Code –
MKM-106-344

Help Is Available. No One Deserves Abuse.



Helpline – 07897073682 | helpline@sixmha.org