

# 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 –  
LVZ-489-754

Help Is Available. No One Deserves Abuse.



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