



- \_\_\_ \_\_\_ My partner's guilt trips that he would fall apart or commit suicide if I left him
- \_\_\_ \_\_\_ Social isolation
- \_\_\_ \_\_\_ Lack of financial resources
- \_\_\_ \_\_\_ Developing PTSD as a result of my partner's abuse
- \_\_\_ \_\_\_ PTSD, which impaired my ability to concentrate and make rational decisions
- \_\_\_ \_\_\_ My partner's threats that he would physically harm me and/or the children if I left
- \_\_\_ \_\_\_ Naivete or lack of knowledge about domestic violence; not even realizing I was a battered woman
- \_\_\_ \_\_\_ Socialization history that taught me to believe that all relationships are like mine
- \_\_\_ \_\_\_ Socialization history that taught me to believe that if I left the relationship, the next one wouldn't be any better—and might be worse
- \_\_\_ \_\_\_ Lack of knowledge about domestic violence resources, such as support groups or shelters
- \_\_\_ \_\_\_ Socialization history that taught me to believe that the violence was my fault
- \_\_\_ \_\_\_ Low self-esteem due to my trauma history
- \_\_\_ \_\_\_ Socialization history that taught me to be so ashamed about the violence that I couldn't tell anyone
- \_\_\_ \_\_\_ Continued physical and emotional abuse that caused me to believe it would be impossible to get out of the relationship
- \_\_\_ \_\_\_ My partner's threats that he would sue for custody of the children
- \_\_\_ \_\_\_ My partner's threats that he would harm my parents or other family members if I left him
- \_\_\_ \_\_\_ Socialization history that taught me to believe that my partner would eventually change and stop abusing me
- \_\_\_ \_\_\_ Memories of how charming and wonderful my partner was at the beginning of our relationship
- \_\_\_ \_\_\_ Drugs or alcohol clouding my judgment and ability to make logical decisions

- \_\_\_ \_\_\_ My partner's pressure on me to use drugs or alcohol
- \_\_\_ \_\_\_ My partner's repeated apologies and assurances that he would change
- \_\_\_ \_\_\_ My child or children, who "needed" me to stay so they could be with their father
- \_\_\_ \_\_\_ Dissociation or emotion-focused coping that prevented me from even thinking about how to get out of the relationship
- \_\_\_ \_\_\_ Socialization history that taught me to believe that I had to keep my promises
- \_\_\_ \_\_\_ Romance novels and movies depicting heroines changing despicable men
- \_\_\_ \_\_\_ The social stigma of being divorced and a single parent
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- \_\_\_ \_\_\_ \_\_\_\_\_
- \_\_\_\_\_ Grand Total Percent