

Handout 19.1: Positive and Negative Consequences of Leaving or Staying in an Abusive Relationship	
Positive Consequences of Leaving	<ul style="list-style-type: none"> ■ Increased self-esteem and decreased depression (LT) ■ Opportunities to pursue a career or go back to school (LT) ■ A stable home atmosphere for the children (LT) ■ Freedom to come and go as you please (LT) ■ Not having to account for your time, activities, or behavior (LT) ■ Opportunities to develop a healthy intimate relationship (LT)
Negative Consequences of Leaving	<ul style="list-style-type: none"> ■ Invalidation of “supposed to” beliefs (ST) ■ Anxiety about an uncertain future (ST) ■ Missing your ex-partner (ST) ■ Poverty or lowered standard of living (ST and LT) ■ Breaking up the family (ST and LT) ■ The stigma of being divorced or a single mother (ST)

Positive Consequences of Staying	<ul style="list-style-type: none"> ■ Relief from guilt, such as anticipatory guilt about abandoning your partner (ST) ■ Yet another honeymoon period of getting along (ST) ■ Financial security (ST and LT) ■ Validation of “supposed to” beliefs (ST and LT)
Negative Consequences of Staying	<ul style="list-style-type: none"> ■ More abuse (LT) ■ Children reexposed to domestic violence (LT) ■ Guilt about not leaving (LT) ■ Resentment if your partner abuses you again (LT) ■ Lower self-esteem (LT) ■ Persistence of depression and PTSD (LT)

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