



Things I Can't Do To Stop Domestic Violence

Things You Can't Do To Stop the Violence

You can't change your partner's behavior. You cannot stop your partner's violence toward you. Your partner is in control of his/her actions, just as you are in control of yours.

- You can't stay in an abusive relationship and be safe. Without intervention, family violence becomes more frequent and severe.
- You can't "do the right thing" to please the abuser. It's not about you. The choice to abuse lies with the abuser.
- You can't save the relationship by yourself. You can go to counseling, you can "be" whatever you think it takes to make things better – but it takes two people to make a relationship work.
- Don't blame yourself for your own victimization. It's not your fault.
- You can't forgive and forget. It only gives the abuser license to strike again. If the abuser suffers no consequences, he/she has no reason to stop the abuse.
- You can't shield your partner from the consequences of abusive behavior. "My partner didn't really mean it ... this time, officer!" If the abuser doesn't want to change the behavior, it doesn't matter how much he pleads or threatens in order not to face jail. The abuser will promise anything to avoid consequences. Don't risk your life to help someone who is hurting you.
- You shouldn't respond to violence with violence. Violence is not an appropriate or helpful response to another person's actions or words. But remember, if you are in extreme fear for your life, you have the right to defend yourself.

Stages of Grief-

Denial: "This can't be happening to me."

Anger: "Why is this happening? Who is to blame?"

Bargaining: "Make this not happen, and in return I will ____."

Depression: "I'm too sad to do anything."

Acceptance: "I'm at peace with what happened."

If you are experiencing stages of grief and want information about additional support services available for you, ask a victim advocate for assistance.

Know
Needs
Options
Warnings
Learn
Explore
Danger
Grieve
Empower

Information Taken from:

Alternatives to
Domestic Violence,
800-339-SAFE
(951) 683-0829

<http://alternativestodv.org/>

Grief

"Coping With Grief and
Loss"

http://helpguide.org/mental/grief_loss.htm