

Looking at the past...



Make a list on piece of paper and have a look at the following points

- The good about your relationship
- The bad things about your relationship
- All the damaging things he/she did to you, children, pets, other people and your possessions
- The good times you can remember having & the bad
- Do they balance?

Moving to the future...

Ask yourself these questions

What would you have to do or change to make you feel good staying with him/her

- How likely is it that he/she can make these changes
- How do you picture life in one week, one month, or one year from now?
- Look back to what you were like, what life was like before you knew him/her. What activities did you enjoy that they have stopped you doing? What freedom did you have which they have ended? Would you like to enjoy these activities & freedom again?

Always remember that although the abuse is the biggest thing in your life now, it is not always to be so. There is nothing too big to change.