



Tips from the **Divorce Support Club**

Leaving an Abusive Partner

1 Recognising abuse

Abuse doesn't have to be physical. There are many types of abuse that can take people a long time to recognise because they are so subtle. You may have noticed or questioned things like:

Why does my partner speak to me like that?

Why doesn't my partner act like my friends partners?

I've been putting my needs at the bottom of my priorities to avoid conflict

I've never had access to my finances... Why?

I've been changing my behaviour to manage theirs

Why has my partner changed so much since we first met?

2 How do I know **when** to leave?

There is no definitive answer as to when to leave an abusive relationship. Everybody is different and has their own limits. Some leave at the first red flag, others stay for 6 months, 6 years, 30 years and some never leave.

- Some people question if their partner means to act this way and it is important to know that these behaviours are **intentional**. It is a **manipulation** tactic to keep you where they want you.
- "I wish it would go back to how it was at the start". The person you knew at the beginning of the relationship was not real.

Hope is a big motivator in keeping people in abusive relationships. It's important to recognise that they were never that person.



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