

Do I Stay?

One of the first decisions you will have to make is whether to stay with him or leave. Most women try to make changes within the relationship before they make the ultimate decision to leave. They reason, and it's true, that it would be easier on everyone involved if they could keep the family unit intact, making the necessary changes in the relationship without destroying every-thing else in the process.

Staying, however, means he would have to change a lot, and he would have to “stay changed”. This long-term change will be harder for him than simply changing to get you not to leave in the first place. All men can change on the surface, and if it's a quick and miraculous change, you should be suspicious. They may tell you that they have changed and they may act changed, but will they really *have* changed? Probably not, unless they have had a complete makeover of their minds, their attitudes, and the very way they think.

Changing one's mindset requires great motivation, a lot of work, and a lot of time.

Do I Leave?

If you've made up your mind to change your situation, you may have to literally leave the life you've known for your break to be successful. This may be the only life you've known for a long time, and it could be very hard to break away. But if the situation you're in is crushing your spirit and threatening your life, you will have to leave him, and the bad situation, far behind — whatever it costs, wherever you end up, whatever the risks. You have to be ready to leave, to lose everything, and to start all over. Then you will be able to get away from the abuse and really be free and happy again.

You must get away from the domestic violence to save yourself. Although your children, and your family, and your entire life may also be at stake, you can't save anyone until you have saved yourself.