

# Reclaiming Your Life After Domestic Violence

There is usually enormous turmoil and pain involved when you decide to end an abusive relationship.



**WARNING:** SOME OF THE INFORMATION IN THIS FACT SHEET MAY BE DIFFICULT TO READ. PLEASE TAKE YOUR TIME AND FIND ASSISTANCE IF YOU FEEL YOU NEED TO.

The feelings that you have after ending an abusive relationship, whatever they are, are normal and appropriate.

No matter how intense these feelings become, you can endure them. We often compare this time to major surgery – the wound feels awful for a while, but it does heal.

A relationship that you know is destructive for you can be much more painful in the long run than the temporary pain of leaving. A destructive relationship is like an open wound – it just continues to fester without ever healing.

**YOU CANNOT CHANGE ANYONE'S BEHAVIOUR EXCEPT YOUR OWN**

You cannot change your partner's behaviour - it is the situation that needs to change. You are worth taking care of and you have the power to regain control of your life.

As you grow in self-confidence and independence, your partner is likely to feel threatened by their loss of control and increase their abusive efforts to regain and maintain their control over you. Because you have received mostly negative messages about yourself, it may take a lot of effort for you to replace those negative messages with positive messages.

One way you can withstand your partner's negative messages is to stand in front of a mirror once a day, look into your eyes and say powerful positive affirmations that you feel comfortable with, such as:

- I am not to blame for his behaviour.
- I am not the cause of another's violent behaviour.
- I do not like or want to be abused.
- I am a worthwhile person.
- I deserve to be treated with respect.
- I do have power over my own life.
- I can use my power to take good care of myself.
- I can decide for myself what is best for me.
- I can make changes in my life.
- I can ask others to help me because I am not alone.
- I deserve to make my own life safe and happy.

## Further Information

### Yemaya Women's Support Service

**P:** (03) 6334 0305

**E:** [admin@yemaya.com.au](mailto:admin@yemaya.com.au)

Please note that all information contained within this fact sheet is to be used as a guide only. If you require further information or assistance please contact Yemaya Women's Support Service.