

Family Shelter Service

605 EAST ROOSEVELT ROAD • WHEATON, ILLINOIS 60187 • HOTLINE: (630) 469-5650

◆ STAGES OF GRIEF: ENDING AN ABUSIVE RELATIONSHIP ◆

Stage	Victim's Thoughts & Feelings	Abuser's Manipulation
Denial	It did not happen. He/she did not mean it. It was not that bad. He/she was just upset.	I did not do it! I'll never get that angry again. I did not hurt you. <u>You</u> made me do it!
Bargaining	I'll stay if you go to counseling. He/she will stop drinking, drugging. I will avoid upsetting him/her. I'll stay home more.	It takes two: We'll go to counseling. I was just drunk / high. Stop upsetting me. I love you/need you.
Anger	I'll get an Order of Protection. I'll call the police. I'll leave him/her. I'll talk to friends / family. I'll talk to a lawyer. I'll fight back.	I'll have a record / lose my job, etc. I can't go to jail. Please give me another chance. They'll hate me / won't believe you. I'll fight you and win. I'll press charges / escalation
Fear	I can't make it financially. He/she will really hurt me now.	I won't give you any money or help. I'll kill you / myself / your family.
Depression	I can't handle the kids. I'll lose my job because I can't think. I've failed myself / children / family, etc. I can't make ends meet.	I'll fight for custody. You will get fired / I'll tell boss. I'll begin / intensify new relationship. I'll refuse child support.
Resolution	I didn't cause the abuse. I am independent. I am strong.	