

COMMON BELIEFS OF VICTIMS AND ABUSERS

Although both abusers and victims may be either male or female, in this list abusers will be referred to as men and victims as women.

VICTIMS

1. I must stick by my man, no matter what.
2. He can't help it when he gets mad and stressed.
3. A man is in charge and the head of the household.
4. If I don't do what he says, he'll leave me.
5. I need him. I can't make it on my own.
6. Good times make up for the bad times. It's not bad all the time.
7. He'll change. I can change him.
8. The way he acts and treats me is my fault.
9. The children need a father. An abusive father is better than no father at all.
10. The children are not affected because he doesn't abuse them & he doesn't hurt me in front of them.
11. His threats are real. He will take the children, kill me, etc.
12. No one will believe me.
13. He really loves me and doesn't mean to hurt me.
14. Divorce is wrong, sinful, failure and a fate worse than death.
15. Marriage is forever. Divorce is not an option.
16. The success of our marriage and keeping the family together is my responsibility.
17. He's not really abusive, he just has a bad temper.
18. No one else will want me.
19. Deep down inside, he's wonderful and caring.
20. It's not that bad.
21. Men naturally express their anger more intensely than women.
22. There are no happy couples. If they appear happy, they are either lying or faking it.
23. I am responsible for my partner's happiness, attitude and behavior.
24. I love him. I can't leave him.
25. All men are jealous and possessive.
26. He's had such bad childhood or life experiences. He deserves better and I know I can make him happy.
27. The drugs or alcohol made him hurt me.

ABUSERS

1. Anger causes violence.
2. I have the right to control and restrict my partner's life.
3. I'm (men are) in charge.
4. If I don't control her, she'll control me.
5. When I lose my temper, I can't help it if I hurt somebody.
6. There is no alternative to violence.
7. It's her fault, she caused me to lose control.
8. Women want to be dominated by men.
9. Jealousy is natural.
10. She needs me.
11. No one else will want her.

12. Women overact to everything.
13. It's my responsibility to keep her in line, no matter what.
14. Men must be tough.
15. When I lose my temper it's her fault.
16. This is just the way I was raised.
17. She must obey me and be subservient.
18. She's responsible for my happiness.
19. It is my responsibility and obligation to do whatever needs to be done for the good of the marriage/family.
20. The alcohol or drugs made me lose control.
21. I'm not abusive, I'm just venting.
22. What I do in the privacy of my home is a family matter. It is not wrong, not a crime and nobody else's business.