

Title:

Abusive Relationships: Leave and Re-live!

Word Count:

581

Summary:

Everyone, once in their lives, have experienced getting into a relationship when someone matte

Keywords:

relationship, stress, counseling

Article Body:

Everyone, at least once in their lives, have experienced getting into a relationship. When you

Not all relationships work that way no matter how much we might want them to. When there is vi

While appearing to be powerful, abusive individuals are often very dependent upon their partne

However, there are positive steps for coping with an abusive relationship such as:

- Maintaining outside relationships and avoiding isolation.
- Seeking ^reality checks~ by talking to others if you suspect that your partner has bee
- Learning about resources available to people in abusive relationships.
- Identifying a ^safe place~ you can go to in an emergency if your partner becomes thre
- Reading self-help books about healthy and unhealthy relationships.
- Seeking professional counseling or talking to someone you trust to help you sort throu
- Begin to develop a support system, so that if you choose to leave the relationship, yo

Remember, abuse has no place in love. If a person made you feel inadequate, useless and fearfu

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