

# Domestic Abuse 8 Common Myths



## THEY (ABUSERS) WILL CHANGE



It is natural to hope for change. The truth is that it usually gets worse over time. There are perpetrator programmes for abusers who want to change, however, you should prioritise your safety and wellbeing.



## ALCOHOL, DRUGS & STRESS MAKE THEM VIOLENT



Abusers are also violent when sober. Many people who drink never use violence. Violence is a choice and they are solely responsible for their actions.



## VICTIMS WOULD LEAVE IF IT WAS REALLY BAD



There are many overlapping reasons why victims may stay. Leaving is difficult and takes time. It is a process.



## SOME VICTIMS DESERVE IT OR LIKE VIOLENCE



Abusers often claim their partner makes them do it. Victims also do not enjoy violence. Most live in fear and terror. These are victim-blaming. The abuser alone is responsible.



## IT ONLY HAPPENS TO CERTAIN PEOPLE



Domestic abuse can happen to anyone regardless of where they live, their profession, or social background.



## SOMETIMES IT'S JUST A LOST TEMPER



Abusers say that they have just lose their temper at times. The truth is, they are very much in control, using multiple methods to abuse.



## THE VICTIM IS LUCKY TO HAVE A PARTNER



Whether your abuser is also your caregiver, or behaves like the perfect breadwinner, victims often hear that they are fortunate to have someone 'looking after them'. However, you deserve to make choices about your own life.



## DOMESTIC ABUSE IS A PRIVATE MATTER



Domestic abuse is a crime. It is not an individual but a social problem. We all need to speak out against it and raise awareness to combat this issue and prevent more victims getting abused.