

Abusive relationships

Business



That cold feeling inside your body, when a fist hits you that belongs to the person you thought you loved. Sadly over 1.5 million high school boys and girls admit to physically harming somebody they are in love with. (“11 Facts About Teen Dating Violence | DoSomething | Volunteer for Social Change”). How would you feel being in an abusive relationship, causing emotional depression not being able to get rid of.

They are not aware of the depression, the spouses control on the relationship, and the challenges they will face. What is depression?

Depression is “feelings of despondency and dejection, with self-doubt.”

Does someone close to you constantly insult you or humiliate you? If said yes, that may be the cause of your depression you might tend to have.

Depression affects the quality of your relationships, and the features of your relationship that affect your level of depression. (“Partners in Prevention”).

The quality of our lives depends on the quality of our relationships with others.

For many people, it's difficult to face the fact that depression is a real problem, which mostly results with the spouse controlling you. I don't think anybody wants to be in a relationship where there being controlled or asked what to do. Controlling relationships are so much that it can be hard to recognize them for who they are. Being controlled by a spouse is one reason they would want to leave the relationship, like putting threats against you or using guilt as a tool. Whether controlling behavior leads to more severe emotional or physical abuse or not, it is not a healthy situation. (“20 Signs Your Partner Is Controlling”).

Mostly everybody knows that leaving an abusive relationship causes a lot of challenges. Even when someone chooses to leave a relationship, they may be forced to stay because of shelter or no where to go. Women who end up in a abusive relationships, may not know the effect until after they enter, which causes a hard time to leave. Even when victims do finally decide to escape their unhealthy partnerships, significant hurdles often remain ((“ GoodTherapy – Therapy, Find a Therapist or Marriage Counselor”). When the abuser is no longer getting abused and in a safe place, she can then develop a more independent self. Abusive relationships do damage life and the outside world in many different ways.

Most teens don't even know what to do and the situation just becomes more and more realistic. Most of the time you're not alone, although you feel as if you're alone – Will Zeus. You may forgive, but you won't forget, all of this happens for a reason. Ending an abusive relationship is very hard and so is being in one.