

Can I Trust My Instincts About Leaving An Emotionally Abusive Partner

*A gentle guide for those wrestling
with doubt, hope, and the desire to
believe things can change*



You Deserve A Safe Place To Call Home

If you've been in a relationship where emotional, verbal, or psychological abuse occurred, **your instincts may have been distorted by trauma**. While your feelings are always valid, it's important to understand that abuse can hijack your inner compass. Trust in your own wisdom can absolutely be rebuilt—but it may not be fully accessible right now.

That's okay. **You're not broken**. You're healing.



Why Abuse Damages Self-Trust

- Gaslighting makes you question your reality
- Cycles of cruelty and affection keep you stuck in confusion and false hope
- Isolation and manipulation can cause you to **doubt your worth, judgment, and power**
- Your “instincts” may be trauma responses (fawning, freeze, etc.) instead of inner guidance



Bottom line: **It's common to mistake fear, habit, or emotional addiction for intuition.** That doesn't mean you're weak—it means you've survived something disorienting

What Loved Ones Can Do To Support You

- Be compassionately honest about what they see - **ask them to tell you the truth, unvarnished. You may need this.**
- Gently name the patterns, not just the partner's recent "progress"
- Avoid criticizing you, but don't collude with false hope either
- Offer clarity when yours feels shaky with phrases like: It's okay if you can't see clearly right now. I'm here to help you remember what safety, love, and respect feel like



Bottom Line: Your Partner likely needs pervasive trauma healing and possible substance use recovery. These take time--years even--and it is not time you owe. Your happiness deserves to flourish now

On "This Time It's Different"

- It's understandable to want to believe things are improving. But real, lasting change in abusive dynamics requires
 - External accountability (therapy, group support, consequences)
 - Long-term consistent behavior change
 - Empathy and ownership—not excuses. Hope is beautiful. But healing requires truth.
 - Years **or DECADES** of dedicated commitment.

That is not time you owe.

Re-building Your Inner Compasses

- You don't need to be 100% certain to leave
- You don't need more “proof” it's bad enough
- You are allowed to choose peace, not pain
- You're allowed to leave for no other reason than “I don't want to live like this anymore” which is **enough**



Self Trust Grows In Safe Spaces

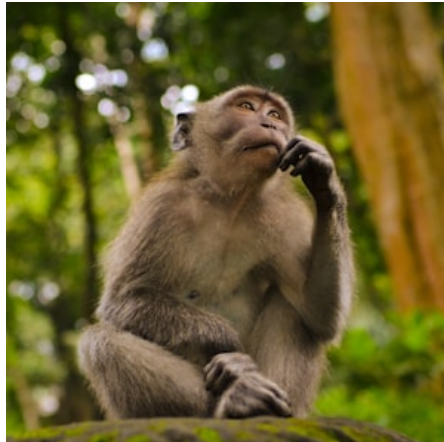
It returns when we stop betraying ourselves to keep someone else comfortable. **You are not crazy. You are not too sensitive. You are not imagining things.** You are worthy of safety, respect, and love—without conditions

✨ Your healing instincts *are still inside you*—they're just waiting to be heard again





Where Creativity & Well-Being Intersect



You are not alone, get the support you need

Therapy or Coaching Support