

what to say



if someone you know has shared their story of partner violence and you would like to say the right things, these cards might help
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साahas

don't say

♥ warning: this 'what to say' series, makes a mention of insensitive and hurtful statements made to survivors of partner violence. while this may or may not be triggering, we're leaving this little note here for you ♥



साहास

don't say

“its your choice to be with them. don't complain”



say

“you deserve a life free of violence”



what to say : partner violence

don't say

“why are you still with them? take control of your life”



say

“i'm sorry this is still happening. are there any options you'd like to explore?”



साहास

don't say

“if you become more attractive, this will stop”



say

“the onus to stop violence is not on you. you do not deserve violence and all that you faced is not your fault”



what to say : partner violence

साahas

don't say

“you think this is because you are earning more than your partner? what if you gave up this job?”



say

“there is no justification for violence and it is not your fault”



what to say : partner violence

साहास

don't say

“you must have done something to upset them. what did you do?”



say

“this is not your fault. violence is not okay”



what to say : partner violence

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don't say

“you will bring shame upon your family by speaking out”



say

“this is your truth and whatever you decide – to speak or not speak about it, you have my full support”



what to say : partner violence

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don't say

“every relationship/
marriage faces bumps.
this will pass”



say

“violence is not okay. i'm so
sorry you're facing this”



what to say : partner violence

when you're talking to someone who has shared their story of partner violence, do not invalidate their experience ♥

remember to:

- ♥ listen with empathy
- ♥ suspend judgment
- ♥ talk from a place of love
- ♥ get the right kind of help



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