

Title: Factors that Influence the reluctance to leave unhealthy relationships

Presenter: Ariel Stubbs, Mt. San Antonio College

Mentor: Misty Kolchakian

Those who find themselves in unhealthy relationships may be hesitant to leave them despite the negative impacts. The purpose of this literature review is to examine the reasons people are reluctant to leave unhealthy relationships. Studies regarding this topic show that there are multiple factors that affect this decision, such as obligation, finance, hope, and perceived attachments (Parker, Maier, & Wojciak, 2018; Duley, 2012). Another study shows that the role of attachment styles further impacts this decision. People who score more negatively on views of self and partner and therefore experience more anxiety or fear in the relationship, are more likely to remain in an abusive relationship (Michaels, 2016). Moreover, battles against inner voices also pose as a struggle for those in a toxic relationship, as they see themselves as trapped (Tierneya & Fox, 2011). Furthermore, another study found that due to these perceived attachments, attempting to separate oneself from a toxic relationship tends to illicit negative emotions, including moral guilt and doubt (Parker, Maier, & Wojciak, 2018; Tierneya & Fox, 2011). In conclusion, perceived attachments and style of attachment are difficult to shed, thus provoking the decision to remain in a toxic relationship, despite the negative impact on the victim. Greater education about the link between attachment and the choice to stay in unhealthy relationships can help victims evaluate their decisions and potentially gain greater self-awareness of the factors influencing their decisions.

Works Cited

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