

# HYDE COUNTY HOTLINE, INC.

*We are committed to promoting dignity, respect and safety at home resulting in safer community.*

Visit us at: Website: [HydeCounty-Hotline.org](http://HydeCounty-Hotline.org) Facebook: [Hyde County Hotline](https://www.facebook.com/HydeCountyHotline)

## February 2020

### Is Love Enough?

Love seems to be everywhere. In songs, movies, TV shows, books and magazines, we're told that it's the greatest thing in the world and that all you need is love. The media tells us that love is more than enough in relationships.

But the truth is, *love isn't always enough of a reason to stay in a relationship.*

Don't get us wrong: loving someone, or caring deeply for them, is a wonderful thing, but it's a feeling that can also make a relationship complicated. We hear from many people who tell us about [unhealthy behaviors](#) or feeling unhappy in a relationship but say that they still love their partners. It's very possible to have [feelings of love for someone even if they are mistreating you.](#)

It's important to recognize that love is just one part of a whole. There are a few other crucial ingredients to having a solid, [healthy relationship](#). If you're in a relationship and wondering if love is enough, try asking yourself these questions:

#### Do you trust each other?

You can love someone, but if you don't [trust](#) them – or they don't trust you – then the relationship won't be healthy. Trust is a building block of a healthy relationship, and without it, jealousy and insecurity can lead to unhealthy or even abusive behavior.

#### Do you feel supported and comfortable talking to each other about anything, including difficult topics?

Being able to [communicate](#) openly with your partner about anything without feeling fearful of how they'll respond is so important in a healthy relationship. Even if you bring up a difficult topic or disagree about something, that shouldn't lead to screaming, name calling or any sort of physical confrontation. You deserve to feel safe talking to the person you love.

#### Do you respect each other's boundaries?

[Setting boundaries](#) helps ensure that everyone in a relationship feels comfortable with what's happening, which is why a person's boundaries should always be respected – even if you (or your partner) don't like them. Disrespecting boundaries is a sign of abusive behavior, not love. Note: a healthy boundary protects and respects a person, and does not seek to control or harm another person.

#### Do you have fun together?

Maybe it seems obvious, but we're going to say it anyway: having fun together is a really important part of a healthy relationship! Even if you love your partner, frequently feeling unhappy or insecure in your relationship may be a sign that your relationship isn't as healthy as it could be. What it comes down to is that everyone deserves to be in a healthy, safe AND loving relationship. If you answered "no" to any of these questions, it might be time to reconsider whether the relationship is right for you, EVEN if you love your partner. [Source](#)



# The reason leaving an abusive relationship is so hard

BY MARIA SCINTO

If you've been so fortunate as never to have experienced abuse from a partner, you probably have a hard time understanding how any person could possibly stay with anyone who treats them so badly. The truth of the matter is, while all relationships may be complicated, abusive ones take this complexity to a whole new level.



In some cases, the reason people stay in these relationships might be the triumph of hope over experience — after each upheaval, the abusive partner may vow to change, and even go to great lengths to make up for their bad behavior. It's also quite common, according to *The Conversation*, for the abused partner to figure it must be their own fault, and if they can just work on their own issues, things will get better.

Even once it becomes obvious that nobody's going to change, and that things aren't getting better, there can still be a number of factors that keep the victim trapped in the never-ending nightmare that is an abusive relationship. (Cont'd)

## Feeling that the abuse is deserved



**Love is Respect** says that low self-esteem will often lead someone to stay in an abusive relationship. Abusers frequently choose to isolate their partners, and as a result, the only feedback the victim may get is from a person whose only agenda is to cause them pain.

In time, the abused partner may come to believe the brainwashing and will feel that the abuse isn't really abuse, but instead is their just deserts for being such a horrible person. They cannot even begin to imagine escaping, since any such "disloyal" thoughts are immediately drowned in a sea of guilt. (cont'd)

## Dependence on the abuser

Inability to leave an abusive relationship may be based on some very practical, yet harsh, realities. Perhaps the abuser is the sole breadwinner in the family, or has taken control of the finances to the point where the victim cannot even access their own earnings.

The victim may not have access to transportation, or may feel that they have nowhere to go once they do walk out — this latter feeling may be particularly heightened in a case where the abuser has systematically cut off the victim's contact with friends and family.



## Fear of the abuser

When it comes to leaving an abusive relationship, fear is one of the biggest obstacles. Fear comes in many forms — OneLove speaks of fearing what others will think of the "abandoning" partner, which would be heightened in a case where the abuser presents an entirely different face outside the home so that others see him or her as "the good guy" and would never believe the claims of abuse. The Conversation reiterates the victim's fear of not being believed, should they dare to speak out, as



well as fear of ruining the abusive partner's career (which may be more of a factor in a case where the victim is financially dependent on the partner's earnings).

Perhaps the greatest fear of all, and one that's entirely justified, is the fear that the abuser will retaliate against any "insubordination." The harsh truth is that victims who manage to leave a relationship run a significant risk of being killed by their former partners (via the University of Michigan) — but then, they're also in constant risk of harm should they stay.

There really is no easy answer to the problem of domestic abuse, but one thing we can all do is to refrain from judging or dismissing the victims and their suffering. Listen to them, believe them, and offer all the understanding and support you can in the hopes that it will help them eventually feel strong enough to make the tough decision to leave. [SOURCE](#)

Call Hyde County Hotline for hotels/restaurants listings

252-925-2502

**Don't Miss It!!!**

*In a spirit of love, befitting the  
Valentine's Season  
Ocracoke Alive & Hyde County Hotline, Inc.*

*proudly present  
Wally & Maria Hurst  
in*



*Presented by special arrangement with Dramatists Play Service Wf. Wf*

**Saturday, February 15, 2020**

**Showtime at 7:30pm**

**Community Center**

999 Irving Garrish Hwy 12

Ocracoke NC 27960

Limited seating. FREE tickets recommended online at [ocracokealive.org](http://ocracokealive.org) or call 252.921.0260 Also available at the door.

***Donations accepted to benefit residents affected by Dorian.***

Hotline Crisis Line (Domestic & Sexual Violence/Human Trafficking) 252.925.2500

# Hyde County Hotline

offers

Crisis Intervention, Advocacy and Prevention  
Confidential Emergency Shelter

**24 Hour Crisis Line 252-925-2500**

PO Box 335

Engelhard, NC 27824

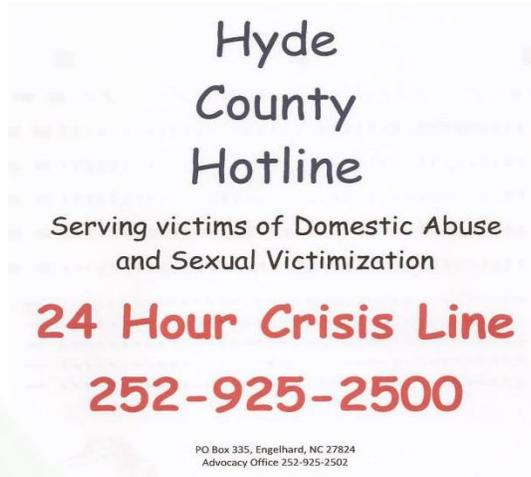
Tel: (252-)925-2502

## WHAT WE DO

- Crisis Intervention
- Domestic and Sexual Advocacy
- Human Trafficking Advocacy
  - Survivor Services
    - Safe Shelter
    - Support Groups
      - Referrals
- Programs and Presentations
- Participates with DSS Work First Program

## OUR MISSION

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse, sexual victimization and Human Trafficking and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.



## Support Hyde County Hotline.

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Amazon donates.

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Family Violence Prevention  
& Services Program

**Thank you to the family Violence Prevention Services Program  
US DHHS, and NC Council for Women for financial support.**