*Table 1 Qualitative Studies on the Process of Leaving*

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Stages Mills (1985) Landenburger (1989) Merritt-Gray & Wuest (1995)

 Wuest & Merritt-Gray (1999)

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**­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­**Initial Involvement 1) Entering the Relationship 1) Binding

Managing the Violence/ 2) Managing the Violence 2) Enduring 1) Counteracting the abuse

Loss of Self 3) Experiencing a Loss of Self

Turning Point 4) Re-evaluating the relationship 3) Disengaging

 Leaving 3) Disengaging 2) Breaking Free

 3) Not going back

 Healing/Recovery 5) Restructuring Self 4) Recovery 3) Moving On

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*Table 1 Qualitative Studies on the Process of Leaving (cont’d)*

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Stages Moss et al (1997) Rosen & Stith (1997) Patzel (2001) Burke et al (2001)

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­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­Initial Involvement 1) Being in 1) Seeds of doubt 1) Non-recognition

Managing the Violence/

Loss of Self

Turning Point 2) Turning point 1) Turning point 2) Acknowledgment

 3) Objective reflections and reappraisals 2) Realization 3) Considering actions

 3) Reframing

 Leaving 2) Getting out 4) Self-reclaiming actions 4) Agency 4) Selection of actions

 5) Paradigmatic shifts and last straw incidents 5) Self-efficacy 5) Safety strategies to remain

 Free from abuse

 Healing/Recovery 3) Going on

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*Table 1 Qualitative Studies on the Process of Leaving*

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Stages Kearney (2001) Giles & Cureen (2006) Davis & Taylor (2006) Khaw & Hardesty (2007)

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­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­Initial Involvement 1) “This is what I wanted.” 1) Falling for love

Managing the Violence/ 2) “The more I do the worse I am.”

Loss of Self

Turning Point 3) “I had enough.” 2) Taking control 1) Naming the process 1) Realization

 2) Rejecting the Myths 2) Pushed to react

 Leaving 3) Securing a base (safety) 3) Mapping out the Journey 3) Regaining control

 4) Final exit

 Healing/Recovery 4) “I was finding me.” 4) Making sense of it 4) Rejecting Negative Emotions

 5) Changing Feelings to Move On

 6) Naming the Violence to the Perpetrator

 7) Rejecting Intergeneration Cycle of Violence

 8) Sharing Stories with Others

 9) Reclaiming Self and Forming a New Identity

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*Table 2 Qualitative Studies on Healing and Recovery from IPV*

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Kirkwood (2003) Farrell (1996) Se’ver (2003)

Process of healing after leaving Multidimensional elements of healing; Process of Healing after leaving

 Not seen as occurring in sequential stages or phases Post-violence Adjustment Model

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1. Fear- vulnerability to returning 1) Awakening- a turning point where women 1. Assuring physical Safety

 and fear of future attacks recognized they had alternative choices

 2. Dealing with the past

2. Anger- Ability to see the abuse more 2) Flexibility- readiness to alter her life

 clearly and becomes more angry about course in response to changing conditions what has

 happened to them 3. Re-establishing social networks

 3) Relationship- an integration of all aspects of the

3. Impact of the Media self and a sense of connectedness between self and others 4. Re-assignment of blame

4. Feedback / support from 4) Empowerment- ability to make choices in her life; consists 5. Creating or reclaiming opportunities

 friends and family of three elements: Valuing the self, self-determination, and establishing economic well-

and sense of accomplishment being

6. Re-establishing relationships with

 Children

7. Setting roots