

**MYTH:** It's only emotional/psychological, so it doesn't count.

**FACT:** Emotional and psychological battering are real and they count. The pain is severe and can be extremely damaging.

**MYTH:** Violence in close relationships is normal – I'm used to it.

**FACT:** Battering is not normal or OK. It's important that you remember that you have a right to live without violence.

**MYTH:** Hitting or yelling are healthy – It's my problem if I can't take it.

**FACT:** It's good and necessary to be able to express anger – but not to take anger out on someone.

**MYTH:** Staying together and working it out is important.

**FACT:** Survival is most important. Battering is very dangerous to both your body and mind. Partners in a battering relationship always need to separate, despite strong feelings about staying together and years of commitment to each other. Also, the battering often gets more violent as the relationship continues.

**MYTH:** Same-sex partners don't batter.

**FACT:** Same-sex partners do batter, physically as well as emotionally and psychologically. We don't know how common this is, but it appears to be as prevalent as heterosexual battering.

**MYTH:** Same-sex partners aren't anything like me or anyone I would know or fall in love with.

**FACT:** Same-sex partners who batter can be intelligent, educated, cute, funny, inspiring, lovable. They could be our friends, lovers – even ourselves.