



An Essential Guide to Help Domestic Violence Survivors Get Away and Move On Safely

By Dorothy Watson

If you're trapped in a relationship that is abusive, it can be difficult to know how to get out and move on with your life. But the national statistics are clear: violence in relationships can have a significant impact on all involved, including your biological or foster children. It can even be life-threatening. If you are looking for a way to move out and get on with your life, start by following these helpful tips from the [And He Restoreth My Soul Project](#).

Getting Out Safely

Have an Escape Plan Worked Out

When you live with an abusive partner, it can be tricky to [plan a safe escape](#). If your partner is controlling and possessive, you have to seize whatever window opens to you to get out of the house safely. Having a [go-bag packed](#) with clothes, medications and necessities can make

getting out at a moment's notice easier. If you can't safely keep these items in your house or car, consider asking a friend to keep them for you. You can pay for extra items with cash to avoid suspicion of credit card bills.

Picking up a pre-paid mobile phone is also a good idea. Keep this near you or keep it with your go-bag so that you have a way to call for help when the time comes. Plan out your escape route, and make sure you stick to destinations that are public and well-lit. A 24-hour grocery store or diner can be a good place to stop when you're looking to get out. These locations will also have phones and resources that you can use to get to your next safe destination.

Reach Out to Resources for Help

Making a safe escape can be made a little easier if you have some help. If you can manage it, reach out to a [counselor or organization](#) that has experience working with domestic violence survivors. Use public phones or friends' phones to make calls to these resources so your partner will not see them on your phone bill. If you use the internet to search for resources, be sure to [clear your searches](#) from the browsing history or use a computer outside of your home. If you are in direct danger or being harmed before, during or after your escape, dial 9-1-1.

Moving On and Moving Into A New Home

Prepare for Your Move

Getting your belongings and life moved to a new home will take some work. If retrieving or moving these items will place you in harm's way, it's best to just leave them behind and start fresh. If you want to move your belongings, try to schedule the move for a time when you know for certain your partner will be out of town or out of the house for an extended period of time. [Hire professional movers](#) to get the job done quickly and safely, and [begin packing](#) as soon as you can. With movers in the home, your partner may be less likely to lash out if they come home while your items are being packed and moved, but it is safest if they are simply out of the way. This prevents them from following you to your new home or using violence and threats to make you stay.

Safely Set Up Your New Home

Relocating to a different city or state could be your best bet for a safe, new start. If you have family or friends you trust won't contact your former partner, plan to move close to them or even move in with them if that will make the transition easier.

Whether you plan to buy or rent, working with a real estate agent could be a saving grace. They can help you find a secure property in an area that's a safe distance from your former home. Calculate your [home purchase budget](#) or [rental budget](#) before contacting an agent so you only spend time looking at homes you can afford.

Once you've found your new abode, take precautions to keep it, and yourself and children, safe. It's a good move to take steps to [improve your home security](#) by installing an alarm, using deadbolts and peepholes, and completing other projects that will keep you secure. If you rent your new property, you'll need to work with your landlord to make these types of changes, but most property managers will be accommodating to these types of home improvements. After all, these changes will help protect one of their most valuable assets.

Last but not least, hire a locksmith to change the locks on your new home if you're purchasing. You never know how many keys are floating around that were made from your current locks; changing them up will certainly give you peace of mind. Search sites like Angi for [local locksmiths](#), and read reviews to make sure the one you've selected is trustworthy.

Knowing how to escape and move on can save your life and those of your biological or foster children -- who turn to you for hope and guidance -- if you are in an abusive relationship. Put a plan together and be prepared to make your move as soon as possible.

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