When experiencing domestic abuse, we may feel afraid to end the relationship and we may worry about what life on our own may look like. This exercise helps you to unpack your feelings and emotions and consider life as it is now, compared with if you made the change.

Below are two houses – The first is the ‘**house of the here-and-now** Write/draw/ brainstorm below what your home life is currently like:

Is there tension?

Are you relaxed when you are home?

Are there things that you cannot do in your home but you would like to?

How do you feel?

 

Below is the ‘**House of Hope’** – This is the home that you would love to be in, think about what this would look like and write/draw or brainstorm your answers:

What would be different?

What impact would that have on you and your children if you have any?

What would you do in this home that you cannot do in your current home?

