1 in 3 women have been slapped, pushed, or shoved
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I couldn’t acknowledge the abuse until after I left. Looking back, all the signs were there. I convinced myself that I deserved it. We moved in together, and the abuse became apparent to everyone but me.

I decided I didn’t want my family in my life, for the sake of my own happiness. I would excuse his behavior. I blocked out many things in order to survive. He loved me, protected me, and provided for me. But as time wore on, things began to change. He would get angry over the smallest thing and belittle me. Belittling eventually turned into hitting.

I tried to get out, over and over again. I learned to appease him and avoid his triggers. I was angry with myself for allowing things to upset him. I tried to hide the bruises with makeup.
but me. I decided I didn’t want my family in my life for my happiness. I would excuse his behavior. I blocked out in order to survive. He loved me, protected me, and provided me with the safety I needed. One day, he lost his temper and hurt me.

I started to notice patterns in his behavior. He would get angry over the smallest thing and belittle me. Eventually, he started hitting me. I tried to appease him and avoid his triggers. I would say and do anything to keep him happy. His friends were in on it too, they would laugh at me and my pain.

I left four times. Each time I came back because he convinced me that they only cared about their own well-being. I tried to show them that I was unhappy. I began to cut off all contact with my family because they were a constant drain on my emotional resources. I learned to hide the bruises. I was trapped. Every day I lived in fear of what mood he was in. Dealing with his partner’s abusive behavior continued to negatively affect my personal job and friends. I was totally isolated and spoke to no one about what was happening. I am embarrassed to admit that I allowed this to happen. I became part of the problem.

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