



10 years...

I was with my x for 10 years. I was very young when I met him (17) it started off with small things. Him saying I had to go and meet him somewhere at 3 in the morning to prove I loved him and move onto controlling every aspect of my life. When we got married the abuse got worse, I kept telling myself it's not that bad it could be a lot worse. Then the sexual violence started. He blamed me for his behaviour which then made me blame myself. It got so bad that I had a break down, it was either jump in front of a train or run - I chose to live. I blamed myself for a long time but with a lot of help and support I have learnt I had no control over his behaviour- this will be with me for the rest of my life, but I'm a fighter.

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