



## WHY

I'm 32 a mother. Went through the blame game through child hood. Left the country to escape from the misery and blame and it still has not stopped. I thought I would understand after having a baby but now i realise that it is not the same or normal and what I experienced is something that i don't want my child to experience. I was criticised in public, she called my friends and told bad things about me, told bad stuff to my ex boy friends parents, always humiliate me for everything, nothing i do is right for her,brags about my sister, i was like a prisoner at home until i left.

To get me to do things her way she use her sickness ( high blood pressure) to get the way she wants. Now she is blaming me for her illness and death(which she thinks that is my fault.)

I went to a doctor I thought that there is something really wrong with me.I dont have much friends and I pick the ones I like to be with and she thinks that I don't have any friends and I have a mental illness.

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