

Alice #13

I was married at 20, and for many years accepted that the way I was treated was 'normal' - given no decision making; following directions without question; getting 'put down' and belittled constantly; everything on HIS terms.

Everything got worse as time went on, so I'd suffered at least 30 years of psychological abuse in my marriage; but now in my late 60's and after a lot of psychiatric, psychological and medicational help, I came to realise I was worthy of respect.

However, I still thought negatively...at my stage in life (drawing near to the end of it?), was it worth the effort to make the change? Would I worry about disrupting my conditioned way of life? I had acknowledged that a change was needed for my mental stability, but I still felt that I was being disloyal to my husband. Earlier, I had believed that my children growing up needed two parents however, in hindsight, I did not realise the damage I was causing them - not being attentive to their needs, as I was struggling myself.

I always thought of the wedding vows "til death us do part."

I considered suicide many times as a way out, but I thought, on my good days, about the example I would be setting for my beautiful grandchildren.

Somehow, though, I got to the point where I considered myself first. But once I finally made the decision to leave, I was not in a good space. I was taken in by a women's refuge, who were amazing . They helped me adjust to a new way of life. I had never lived on my own before, and the feeling of not being responsible to anyone was unreal.

I must admit that I still have my down days, but I think of how things were and what I endured before I made this huge move.

I have purchased a townhouse and have a new male (furry and four legged) in my life and I am content.

Footnote: Even now, my husband accepts no responsibility for the situation, he does not admit to feeling liable at all!
