

Alice #16

I am a survivor of physical and mental abuse that lasted over 20 years.

It started with a slap, then continually got worse. Cracked ribs, broken nose too many split lips and black eyes to count. Bruises from head to toe. Having to cover up with clothing or make up. Hiding it from my family and friends. The emotional abuse was the worst: on a daily basis telling me that I should just go and hang myself.

No money, no car. Isolated from my family and friends. Walking on egg shells, too afraid to speak. Scared for my children. It was getting worse. A knife held to my throat. I finally decided I had had enough when he beat me so badly I could hardly walk.

I said I was leaving, he didn't want his children, saying that they were an inconvenience. It finally got to the point that I just wanted out; I didn't care about the consequences. I wanted a life for me and my children.

They no longer talk to him. Life is so much better now, better than I ever thought it could be.