

## Alice #40

### The Blame Game.

He seemed like a go getter, charming man when we first met. I was taken in by his air of self confidence. It was 6 months before he let his guard down and I witnessed his first temper tantrum. That was the first red flag.

That was the moment I should have left.

I stayed with him for 4 years and during that last year, I left at least 6 times. Every time I left, even if I changed my phone number he was always able to contact me somehow (through finding out where I'd gone) or through email. I let his promises of change, commitment to attend anger management and to 'get help' lure me back. I was so hopeful that he would get the help he needed.

The longer I stayed though, the more he began to project onto me. It was somehow always my fault. I had lived through his stories of his past, (it was always someone else's fault for his mistakes, the bank, the ex, his mother, his sisters etc). Finally the penny began to drop, but not before I became really sick.

By the time I finally left and stayed away, he began to play even more games, stealing money from an account I had, and threatening to ruin my life. He even opened a fake Face book page pretending to be a female long lost 'relative'. Thankfully it was my daughter who alerted me to this, but not before I had foolishly trusted this 'new friend' and confided in her. Looking back, I feel like a fool, but I was so emotionally exhausted.

It was extra hard when certain family members turned away from me too, but like I said, they too were taken in by his gift of the gab and superficial charm. People still don't know the full story, but I'm writing about it and one day will either have a book published or a website to help women.

Some of these guys are experts at playing head games. I'm just so thankful I'm 6 years out of it and finally I have my own life back again.

Never, for one minute have I regretted leaving this toxic man. It has been very difficult at times and he certainly did cause me many problems. I entered therapy, cried and let out a lot of pain and angst, but I'm a stronger, more resilient woman these days. Adjusting to 'change' is now my best friend. I believe that this is how we learn: from our adversity. It sure aint pretty but it sure shapes us into stronger human beings.

---