



I am a domestic violence survivor. I grew up in a culture where husbands (men) are seen as superior, almost GOD like. They are always right no matter what. I was told by my grandmother that they will mature overtime. I was being abused and did not even know it for years.

When I came to the US, I started to see on TV shows, magazine articles speaking about domestic violence and abuse. Every time I would come across one of these articles or TV shows I would think to myself, this is happening to me. Then, I would immediately say to myself "no that's not me". I would deny it to myself. The signs via these channels kept showing up and I also started to hear from other people as I made friends in my workplace, although I kept denying it.

I left my abuser once, only to return to him one year later. He had instilled so much fear in me that I was afraid to leave him permanently. He would manipulate me and scare me by saying that he would hurt the kids if I left him. He would also say he would hurt me badly, but not kill me so that I would have to suffer the rest of my life. He even threatened to hurt my siblings. He would get violent and break things in the house and scream at me; pushing and shoving; following me around for hours on end to get a reaction out of me. It was exhausting. I did not want anyone else getting hurt because I wanted my own freedom. I thought it was selfish of me to put anyone else in danger for my own benefit.

Unfortunately, my children had to hear and live through all this trauma and drama. I stayed with him way too long. If I could rewind time, I would have left him early on when I saw the first red flag which was about 2 years into my marriage.

The day I turned 40 years old, I asked myself a question; Do I want to live another 40 years or so in fear, a loveless marriage, in an abusive relationship? I received an answer right away from my higher self. The inner voice said NO!

I started to do things unconsciously from that day on when I look back. The universe was preparing me to leave him. I went to counseling and one session, only one session gave me so much perspective and clarity. I was drowning in guilt and fear. It was time to make a change.

I started to slowly prepare myself to get out of the mess I had allowed for so many years. I went to college and got my accounting degree. I started to really take my job seriously to get promotions so I could take care of myself financially.

At age 44 I finally left my abuser. It was not easy. I did not follow the counselor's advice-she advised that I leave in secrecy, but for some reason I wanted to tell him that I am leaving. I could have gotten killed that day because he became very violent. Nevertheless, I am here, I am safe, I am free and fearless! I survived.