

Victims' Stories

A Silent Prayer:

One woman's pain

He knew how to hurt me,
to him it was just a game.
I was his possession
living in his trailer frame.

To him I was worthless,
not worth a name.
But I had to have one
so he knew who to blame.

I couldn't have friends,
wasn't allowed to leave.
He said I was nothing
and I started to believe.

I would beg God
each and every day;
"Please oh please, God,
take me away."

When he left bruises
I only felt shame.
I began cutting
to take away the pain.
I carved "Not worth loving"
and cried like the rain.

I know it sounds crazy
because I'm only 23.
Life's worth starting over
just to be free.
Not as anyone's possession,
free to love me.

Let me tell you,
please just see.
Use these resources
they help you see.
There is life after abuse
to be free,
and he did this,
not me.

(Anonymous!)

"A NEW LIFE"

"He broke your spirit", my friend firmly said.
"After years of abuse, I finally hung my head.

Drink another beer, take another line.
Numb the pain then everything will be fine.

I'm in too deep, without a doubt.
I'm all alone, there's no way out.

I'm a nothing, a nobody, he wants me to believe.
No one cares and I cannot leave.

"You're crazy; you're stupid, look at this mess."
"You can't do anything, your life is meaningless."

All the possessions are his; they're all in his name.
The power and control, it's a vicious game.

Then from deep within, I released a loud cry.
The Lord clearly told me "Give Me a try."

"You did all you could; it's time to move on."
"It's time to let go. His love is gone."

"The betrayal, the lies, the heartache and pain
You must no longer endure, you will not gain."

"Think of your boys and what they've been through."
"Think of yourself and do what you must do."

"God hates divorce", so I stayed in fear.
"I also hate violence", He whispered in my ear.

"Give Me all your cares", let the healing start.
"Trust Me" said the Lord, "I'll mend your broken
heart."

A new life for _____, a gift from above.
"Lord, I'll make the most of it and I'll share it with
LOVE."

Anonymous from Warm Springs, Oregon

Bruises

He hurts you
and I'm not gonna stand by and watch.
You go back to him
even though you know you shouldn't.
His words are like a knife
slashing at your beautiful heart,
But it's all my fault right from the start
I hope you open your eyes
and see the bruises he gives you.
Everyone sees them but you.
He'll "screw" up your mind if you let him.
Please open your eyes and look at the bruises.
The bruises he gives you hurt me too.
You're my best friend and I hate seeing you hurt,
I hate you seeing you hurt.
What about the time he broke your nose?
Or the time he burned all of your clothes?
All the times he tried so hard to kill you,
When are you ever gonna figure out what to do?
He takes everything that you give,
He doesn't even deserve to live.
He's a waste of even contaminated air,
He doesn't even notice if you're there
Unless he's trying to pull out your hair.
Everyone who knows you both
knows he doesn't care.
You say you leave him
but when I come over he's there.
What he always does I can no longer bare.
Baby, I'm here you know I always will be,
But if you stay, he'll kill you surely.

(Culver High School Student)



To Stop Domestic Violence, We All Need To Work Together

- *Help a friend who is being abused.*
- *Support your local domestic violence program.*
- *Speak up about abuse.*
- *Educate yourself and others.*
- *Set an Example*

