



## Grey

Hi thank you for this, I'm struggling Amit at the moment about what happened to me but it's made me realise that I'm not alone, that disclosure to the police this summer was the best thing that happened, and that although I can't go through with it yet, I must stay strong, and soon rather than later he will get what he deserves. My life is still in taters three years after it happened. And at the moment I'm re living it over and over again. I was raped by my husband twice, but I was abused sexually for years, I still feel worthless, as a person and women. Help me :,)

We do **NOT** give permission for posts to be reproduced, translated or otherwise published elsewhere. We will not contact people who submit their personal experiences on behalf of journalists, bloggers or other third sector organisations. These testimonies remain the intellectual copyright of their authors and must be treated with the ethical guidelines used by academics for research involving human subjects. Our full guidelines can be read [here](#).