



## I'm proud that I got through it.

In 1980 my boyfriend said he'd had a vasectomy - he was lying - I got pregnant - had a termination. He called me a murderer - I ignored his mental cruelty.

After we moved in together he beat me up regularly & raped me from time to time. I was 21. He beat me up for the last time on my 24th birthday.

I can relax now as I found out a couple of years ago that he took his own life - the only way I know I'm safe is because he is dead.

There was no help back then - it's taken me far too many years to get over it & write it down. I'm proud that I got through it.

It saddens me that DV seems to be getting worse. It HAS to stop.

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