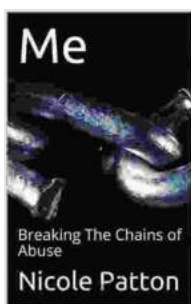


# Me Breaking the Chains of Abuse

## My Personal Journey

I am a survivor of abuse. I have experienced domestic violence, emotional abuse, physical abuse, and sexual abuse. I know firsthand the pain and devastation that abuse can cause. But I also know that it is possible to break free from the chains of abuse and find healing.



### **Me: Breaking The Chains of Abuse** by Nicky Stuart Verra

★★★★★ 5 out of 5

Language : English  
File size : 2252 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 7 pages  
Lending : Enabled



My journey of breaking free from abuse began when I finally realized that I was not alone. I reached out for help from a domestic violence hotline, and I started attending therapy. I also found support from friends and family who believed in me and supported my decision to leave the abusive relationship.

It was not easy to break free from abuse. There were times when I felt like giving up. But I kept going because I knew that I deserved better than to be abused. I knew that I deserved to be happy and safe.

Breaking free from abuse was the best decision I ever made. It was the beginning of a new chapter in my life, a chapter filled with hope, healing, and empowerment.

## **Finding Hope and Healing**

After I left the abusive relationship, I began the process of healing. I started by focusing on my physical and emotional health. I ate healthy foods, exercised regularly, and got enough sleep. I also started seeing a therapist who helped me to process the trauma I had experienced.

In addition to therapy, I also found healing through creative outlets such as writing, painting, and music. These activities helped me to express my emotions and to connect with my inner self.

Over time, I began to heal from the wounds of abuse. I learned to trust myself again and to believe in my own worth. I also learned to set boundaries and to say no to things that I didn't want to do.

Breaking free from abuse was not easy, but it was worth it. I am now a happy and healthy survivor of abuse. I am grateful for the opportunity to share my story and to help others who are struggling to break free from abuse.

## **Empowering Others to Break the Chains of Abuse**

I am passionate about helping others to break the chains of abuse. I believe that everyone deserves to live a life free from violence and abuse.

I am involved in several organizations that provide support to victims of abuse. I also speak out about abuse and share my story in the hopes of

inspiring others to seek help.

I believe that together, we can break the chains of abuse and create a world where everyone is safe and respected.

## If You Are Being Abused

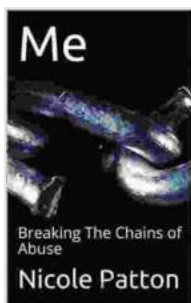
If you are being abused, please know that you are not alone. There are people who care about you and want to help you.

Please reach out for help from a domestic violence hotline, a therapist, or a trusted friend or family member. You deserve to be safe and happy.

Here are some resources that can help:

\* The National Domestic Violence Hotline: 1-800-799-SAFE \* The National Sexual Assault Hotline: 1-800-656-HOPE \* Childhelp USA: 1-800-422-4453

You can also find more information and resources on the websites of these organizations.



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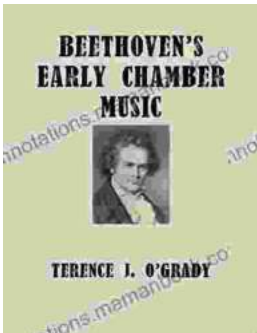
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