

Reflections Practice
Small Group

"I can't leave him... I can't. I have nowhere to go, I literally have nothing. Of course I wish there were options, but there aren't. I'm afraid for myself, I'm afraid for my children. I am so tired of being afraid all the time."

"It's easy for you to say - you don't live my life, you don't live with my family, you have no clue what it's like for me. You don't have to deal with all of the crap being forced on me. No one cares what I want, they all just want to control my life."

"I feel worthless. I was too weak to leave the situation... I let it happen to me. And it happened more than once. I should have said something, I should have done something, but I didn't. And I can't forget about it either, that's what sucks: I can't change anything and I can't stop thinking about it."

"I'm tired of being played. I've got people saying you gotta be here... you gotta be there... do this... do that... you know, sometimes I think it would be easier if I just killed myself. Seriously, I don't want to do it, but I'm done trying."