

**VICTIM IMPACT:
LISTEN AND LEARN
DVD TRANSCRIPT**

U.S. Department of Justice, Office for Victims of Crime

<http://www.ojp.usdoj.gov/ovc/>

**REBEL
DOMESTIC VIOLENCE**

I am a victim of domestic violence. I think the thing that was the hardest to realize was that I really was a victim.

My ex-husband was very controlling, very, isolating from friends, family, church. , he monitored my coming and going. He did not let me talk on the phone. You know, my family was stupid and I was stupid and the things, the apartment that I lived in that he moved into, it was stupid. Everything wasn't up to his par, including me.

And, so, you know, I was constantly in a race with myself to see, you know, what I could do to make it better or fix it. And it just kind of snowballed from there, and, the crux was when he threatened to have me killed.

The thing that most, frightening was I was literally afraid to go home at the end of the day. Work was a comfortable setting, church was a comfortable setting, , nobody was going to do anything. [B]ut then, you get in your car to go home and you start having panic attacks.

The daily impact once he threatened to have me killed, it was like you were outside looking in. Because by the time that happened, you know, I wasn't really talking to my family because I had pretty much pushed them by the wayside. They didn't like him or how he treated me, because they could see it, so there was nobody to go to.

I kept thinking in the back of my mind that domestic violence happened to somebody else, you know. On tv it's, it's some other person or some other background or lifestyle or, age of a person. You know, I didn't think it would be happening to me.

You go through the whole realm of emotions. One minute you're mad as a hatter that you allowed yourself to do this or that he did it to you, and the next minute you're so glad and relieved that you're out of it.

He was sexually abusive and I think of all of it that was probably the most painful, and still probably the, the hardest to get past. [Y]ou know, when you're in a relationship with somebody that you love and they use sex forcefully, it's devastating, it's demoralizing.

I've gotten to the point where I know I'm better off without him and I'm moving forward.

Me being a victim of domestic violence has really affected my whole entire family and friends structure. For the longest time it was the elephant in the room. They tiptoed around all of the issues.

The fear has eased a little but it's still there, it's still fresh enough.

Emotionally, I just, I can't imagine going out on a date again, or getting into a relationship again. I can't imagine being intimate.

I'm afraid that if I put myself out there, it'll happen again.

END