



My share for 16 Days of Activism –starting 25th Nov – 10th Dec

Very few of you are aware..... that I was in an abusive relationship/marriage for NINE years.

This was my 2nd marriage and NOT the father of my children.

Before I share any details, I would like parents everywhere to educate what an abusive relationship is all about. It is not always a physical one and can be a mental and/or verbal procedure or a combination of all three.

Against all the warnings from friends, I was enamoured by the charm and attention shown me after a previous nine-year marriage. Unfortunately, many of us that are abused, believe it won't happen to us or we think we are able to change the person accused of such diabolical behaviour, forget it, not going to happen.

GET OUT!!

The abuse I endured was physical as well as verbal and mental. The physical led to such vicious injuries, where kicking, punching and shoving was involved. In a couple of instances, I was kicked in the stomach, punched in the face on numerous occasions. On one occasion I was kicked in the back when I had fallen from a shove and ended up with a cracked rib. Another occasion, he took a 'sjambok, to my back leaving lacerations that stayed there for over a month. These are but a few of the incidences that occurred. The amount of domestic abuse lodged at police stations and interdicts that were never followed up by police, is extensive.

Why didn't I just leave you ask? Sadly, there is a cycle of violence that goes as follows and is extremely difficult to break away from, believe me:

1.Abuse occurs 2. Excuses 3. 'Honeymoon' period 4. Routine 5. Tension 6. Trigger & back to Abuse!

You are probably asking yourself why I kept the surname?

Firstly, it is conveniently unique in SA for marketing purposes.

Secondly, it serves as a daily reminder (not negative) to **NEVER** put myself in such a situation again!

Happily yours, ☺

#CindyHIV

(Possibly more to follow on his history of alcohol abuse & abuse as a child-not condoning any of it!)