

To whom it may concern,

My name is [REDACTED] I have lived through domestic violence twice in two separate [REDACTED]. This has resulted in me recently being diagnosed with CPSTD.

My main issue is this, we all talk about breaking the cycle, but the cycle can only be broken in the children that this has affected.

It is great to help the woman which I may add is substandard help at best and to teach these men to control their violence, but it is not addressing the problem at the core which is the children that have grown up in these homes.

My [REDACTED] will no longer accept me as his mother due to staying too long in this relationship, I cannot even explain the pain I feel from this. There is no help from any services alone for children that have been in these homes, it is hard enough for the woman to be helped let alone the child. These children need help to overcome the effects of the abuse which is horrific.

I believe in time this will completely break the cycle. Statistics do not lie; perpetrators are more likely to come from an abusive home than not.

I now not only have to deal with the scars left by the abuse but I also have to cope with the pain and hatred from my children, hence in reality I am a victim twice and I can attest to the later being more painful.

So, it brings me to my next question to you, was it worth me leaving to have my children hold it against me anyway?

This is the real situation, the children need more help, groups to reunite them with their mother and to stop them from the pain they are suffering, to prevent them from becoming the next abuser.

Hoping you can start to fix institutional issues that will enable our [REDACTED] have better lives,

[REDACTED]