

Domestic Violence/Abuse – Is This Love?

I Am Living Proof of Becoming a Survivor – I Made The Healthy Choice

My respect for Dr. Phil just continues to grow each day. A few months back I had written Dr. Phil six letters begging him to do a show on Post Traumatic Stress Disorder. He did and it aired a few weeks ago. Now I am not saying that he did so because I asked him to, but I was extremely grateful that he dedicated an entire episode to this disorder.

The reason I am bringing up Post Traumatic Stress Disorder is because abuse, whether the target is an adult or a child, or whether the abuse is physical, psychological or sexual, and/or whether the perpetrator is a spouse, a significant other or parent(s), abuse does fall into the category of Domestic Violence. Any person who is unfortunate enough to receive such abuse, especially if the abuse is severe, or has been endured over a long period of time, or the victim has had multi-traumas in their lifetime, which some or all included abuse, usually end up with Post Traumatic Stress Disorder.

Because I have endured four severe traumas in my life, all of which were done to me intentionally by the hands of others, I have been treated for a number of years for this disorder. The severe traumas I endured were: horrendous childhood abuse; domestic violence from an ex-spouse (on two separate occasions) which included him breaking into my home on one occasion and held a loaded gun on me as he was convulsing, and I would not be here today to write about this if the police hadn't arrived in time; another occasion he broke into my home and beat, raped and tortured me; and my life was threatened for four years by a **corrupt employer** who knew **I knew** too much about his dealings. I did "blow the whistle" on him, but by way of a complete insane mental breakdown, and this is when I was diagnosed with Post Traumatic Stress Disorder.

Unfortunately, in our society today, Domestic Violence and Abuse is prevalent, and the epidemic has reached a frightening level. Statistics prove this, yet we find the perpetrators getting away with a mere slap on their hands, or we have Criminal Defense Attorneys out there defending these perpetrators with dollar signs in their eyes, with a calloused, self-serving attitude toward the victim. Additionally, in far too many cases we have family members or friends who turn a blind eye when they see abuse is occurring as they would prefer to not get involved. There are more embarrassing traits I could list that our society displays, but the fact is that Domestic Violence is rampant, goes unpunished and most importantly, it can affect the remainder of one's life, especially if the victim has been diagnosed with Post Traumatic Stress Disorder.

I felt compelled to write this as I am living proof that one can overcome Domestic Violence or Severe Abuse, and multi-traumas. Yes, I did receive an enormous amount of therapy and have tried just about every medication on the market that psychiatrists prescribed for me to treat the symptoms of anxiety, depression, fear, low self-esteem, resentment, revulsion, rage, etc. Yet, in the end I finally came to the realization that it was actually going to have to be **ME** who makes the choice to remain a victim, or become a survivor who lives a nourishing life, in peace and happiness. I chose the latter

and cannot express enough how it has changed my life around by making this very healthy choice!

I have written a book, “Cruel Deception”, built a website toward the cause of helping others who have been victimized, have taught myself a technique I invented for myself to erase the ugly memories that seemed to have clung to me like a shrunken negligee, have built back my self-esteem and dignity that was robbed of me, and have broken down the wall I had built around me in order to keep others out. I now form healthy relationships and share love with friends I have learned how to make; and not toxic friends but satisfying and healthy relationships. I left my abusive family as I had no other alternative, but I have not regretted this decision for one moment!

It is up to each one of us to protect ourselves, and do what we must do to live a wholesome life, surrounded by love, and not hate. If anyone is interested in how I accomplished this, please feel free to visit my website at: www.joymcquiston.com I have also been recently requested to submit my articles to one of the largest Child Abuse/Domestic Violence organizations on the internet, and they plan to publish my articles on their site as a “Feature Writer.” You will soon find these articles on www.Childabuse.com . Many of these articles may be presently found on my own website.

I’ve taken a positive stance in my life and I refuse to be a victim ever again. If I am ever caught off guard, God help the perpetrator. Dr. Phil is absolutely correct when he offered his opinion on his show today that once an abuser (or beater/striker/choker, etc.) portrays this violence, it usually (more often than not) **will** be repeated. In my own opinion, life is just too darned short as it is to put up with being victimized by a “loved” one! I hope I see you at my website and feel free to leave a message in my guest book or my blog. I’m going to continue speaking out on this subject, as it is another healing measure I took for myself. If you are in an abusive relationship, GET OUT, and focus on **yourself** in order for you to join me on that beautiful road to recovery.

By Joy McQuiston