

## THE PHYSICAL AFTERMATH OF ABUSE

If people, the abuser, only knew ...  
Would it have changed what one went thru?,  
who knows?

If only they knew what they do,  
not just at the moment of 'rage',  
it is what is left,  
the aftermath,  
that leaves the abused to live with,  
physically- to be beat that horrifically left for dead-  
to not be dead.!

One hit is one too many!

Each day is such a striking physical pain.  
It is not easy to have that  
every single day of this one's life,  
every day- if it was easy-  
would I still have learned this ' lesson' in my life journey?

So I pray,  
be gone dark momentary thoughts,  
I shall awaken each day and ache as I move,  
yet I shall move ...

I will look in the mirror each day  
and look at the person lookin' back at me,  
say, "hey chick? Ya know 'I love you' "

I shall learn to reach out,  
gracefully,  
for the help I need to get thru this ' bump in the road '  
I shall ask for what I need,  
in a caring and grateful manner I shall receive my  
answers/help as it comes to me,  
I shall " claim it as mine ",  
like reaching out way up there an tryin' to catch that bright star,  
awww someday I shall reach that particular star,

when it is time- not when an abuser decides!

God- carried me through the dark times,  
God continues to be my lifeline-my Father and my guide.  
No abuser will take my life! One hit is one too many!

~ His will, His time~.

--rebekah 08/19/04