

## He slapped and punched me till I wet myself...

"I didn't know what got into him but he barged into the house like a mad man. Grabbing me, he tore off my t-shirt, pants, bra and panties. I was terrified. I didn't know what possessed him. I begged him to stop but he started slapping and punching me. He hit me so hard that I peed on the floor. I thought it was over. It was not. He dragged me up the stairs. I was screaming and crying while trying to free myself. He was stronger so all my efforts were futile. Again and again, he slapped and hit me. I begged him to stop but he never stopped. My cries fueled his anger. He kicked me repeatedly as I was lying in pain on the floor. He kept kicking and punching me until I peed again. I didn't know how many hours passed.

I was so bruised. I was bleeding all over. I must have looked like the devil but I knew I had to get help. I didn't know how I managed to get up from the floor but I did. I found some clothes, put them on and prayed that he was gone. I quickly ran downstairs to the kitchen. Once I reached the kitchen door, I opened it and ran out without looking back. I was breathless when I reached my neighbour's house – she was shocked when she saw me. I didn't know what to do so she drove me to my parents' home.

Would it shock you if I told you this was not the first time he beat me?

That day, I told myself, it was going to be the last time he ever touched me.

But he came looking for me. Yes, that monster I called my husband came to my parents' home and promised, amidst tears, that he wanted another chance. He told me that he was going to change for good.

I was such a fool.



I meekly followed him home and that night, I had the beating of my life. He also sodomized me.

I felt so stupid because I was a well-educated woman from a well-to-do family and I was getting abused by my husband.

I didn't deserve to be treated this way. That is why I chose to help myself. After years of domestic violence and living with a violent man, I have chosen to divorce my abuser."