

16 DAYS OF ACTION

'16 DAYS, 16 STORIES'

'16 Days, 16 Stories' is a selection of stories, told in their own words, by survivors of domestic abuse, or shared with us by professionals across the Luton area who currently work alongside individual victims or perpetrators.

Domestic abuse is often about one person wanting to control or have power over another person's actions, behaviours and relationships with others.

At first a victim may not recognise or want to acknowledge that what they are experiencing is domestic abuse.

We hope that these 16 stories from individuals living or working in Luton, help those who read them to recognise and understand the devastating impact of domestic abuse on individual and family life.

If you are worried about your own behaviour or frightened of someone else's then there is support available. See back page for some contact details.

This project was inspired by the '16 Days of Activism against Gender-Based Violence Campaign' which runs every year from 25th November, the 'International Day for the Elimination of Violence against Women', and ends on the 10th December, which is also 'International Human Rights Day'.



Please note that all names and any identifying details have been changed to protect individual privacy & safety.

Day 1, story 1: Beginning of a New Life.

"No food, no shelter, no family, no friends. Left out on the street with my two children.

I came to the UK with the belief that my husband would protect me but instead he was the one who abused me.

I was covered in bruises black and blue on a daily basis. Women's Aid in Luton were the light at the end of the tunnel that day. My support worker picked me up and gave me food and milk for my children. This was the beginning of a new life and today with her help and support I am able to stand on my own two feet and be confident. Thank you all"

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- **One in four women and one in seven men will suffer domestic abuse in their lifetime.** (ONS 2015)
- **130,000 children live in homes where they are at high risk of murder or serious injury.** (SafeLives 2014)
- **Two women per week are killed by a partner or ex-partner.** (ONS 2015)

Day 2, story 2: Don't Suffer Alone...

"I was initially very afraid to open up about the domestic abuse I went through. Not just the physical stuff but also the emotional aspects. I then started engaging with the Domestic Violence team who were very understanding & supportive. They put me in contact with some organisations that helped me a lot. I would say to anyone, don't suffer alone, I've been there and it's very hard but I do now feel a lot stronger. Please speak up and talk to someone".

This story comes from a male victim of domestic abuse being supported by Victim Support.

Day 3, story 3: The story of my childhood..

Violence, control, abuse.

Jealously, alcohol misuse.

This is the story of my childhood.

Apologies. Tears. Excuse.

Shouting, screaming, crying.

Blaming, denying.

Confused about what's happening.

Praying, hoping, sighing.

Reddened face, bruised eyes,

Lies, unsung lullabies.

Lying awake hoping it will stop.

Eyes wide shut, more lies.



Inhale, exhale, stop.

Frozen on the spot.

Not sure whether to stand or run.

Intervene, or not.

Guilt, anguish, isolation.

Low self- esteem, desperation.

Unsure of my feelings of loyalty, love.

Actions, words of devastation.

Escaped, separated and celebrated.

Abuse terminated.

Finally able to feel secure and safe.

Freedom long awaited.

Poem by Young Persons Support Worker and inspired by childhood events.



Day 4, story 4: I was young once...

"I met my boyfriend in High School, I was 14 and he was 15. Looking back he wasn't good boyfriend material. He was already abusing alcohol and had been in trouble at school. At the time it didn't really bother me, my parents had split up because my Dad was an alcoholic so it was all normal to me. I was flattered and felt good because he paid me attention, which was something that didn't happen at home.

I was 15 when the abuse started. He first hit me after I had just made a joke about something that he didn't like, I remember that it was as we were walking to school to collect my exam results. I was shocked but didn't say anything because we were in the street and I was embarrassed.

After that first time he hit me regularly, he pressured me to have sex with him and got really jealous if I went out with my friends, I ended up losing contact with all of my old school friends. I spent all of my spare time with him. It wasn't all bad sometimes he was really nice, I loved it when he was like that, but I never knew what would set him off. I was scared of him, I tried telling my Mum what was happening but she was so stressed out herself that she didn't really help. I felt really alone. With all the stress going on with my Dad and having lost contact with my friends I didn't have anyone to turn to but 'him'.

We stayed together and I learnt to manage his behaviour to an extent, we moved in together, it seemed better than staying at home. He became more violent and I tried leaving him but he always found me again, I was frightened of him so I returned. He would be calmer for a while but then would lose it again. I reasoned that if I stayed at least he wouldn't kill me for leaving him right?

I eventually left him many years later.

He had stopped hitting me by then. He didn't need to hit me to make me do what he wanted anymore. I would do what I had to, to keep him happy. We had two children and I didn't want them to see him being violent.

It was when my daughter was 13 that I found the strength to leave. My daughter had got to an age where she had started standing up to him when he was shouting abuse.

One day he got very drunk and started swearing and shouting at her, she didn't shout back, just stood there.



When he had fallen asleep I told her I would speak to him when he had sobered up. She replied "It's alright, it doesn't really matter". Just that small statement made me realise that the abuse was becoming normal for my children.

Separating was so hard, we lost our home, he 'tried' to kill himself and told my daughter that he would find out where we lived, break in and set fire to me in my bed. We were all so scared and my children started having therapy at this time. I know that although it was difficult, separating was the best thing I ever did. The nightmare got worse for a while but it ended. If I had stayed it would have gone on forever".

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- **62% of children living with domestic abuse are directly harmed by the perpetrator of the abuse, in addition to the harm caused by witnessing the abuse.** ⁽¹⁾
- **On average high-risk victims live with domestic abuse for 2.6 years before getting help.** ⁽⁴⁾
- **85% of victims sought help five times on average from professionals in the year before they got effective help to stop the abuse.** ⁽⁴⁾

(1) CAADA (2014), In Plain Sight: Effective help for children exposed to DA.

(4) SafeLives (2015), Insights IDVA National Dataset 2013-14.

Day 5, story 5: Mentally Exhausting

Being a young lone parent made me feel like damaged goods, so I settled for less for someone who I thought could love me.

Deteriorating into someone you're not. Feeling so low and not having the strength to love, laugh, smile or cry.

Being manipulated into believing you're worthless, losing self control. Building the confidence to do better for myself, pitying the perpetrator, moving on and being myself again.

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Day 6, story 6: Life or death?

"At a point in my life where I was faced with just two choices, life or death, Women's Aid in Luton helped me through the hardest step of my life and led me into a safe, guided and stable path.



They didn't just give me a roof over my head, from the first day I was given hope, confidence and support that re-built the staircase once burnt by my abusive partner. I was given the tools to restart my life as an independent strong individual.

I can confidently say that I will no longer be an unfortunate statistic. My mother pulled a knife to kill me when I was 17. All in the name of Family Honour. This was my mother who had given me life. Yet she felt it was completely normal and acceptable to take it in the name of Family Honour".

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Day 7, story 7: Jail or Freedom?

"I feel better than before because now I have freedom for everything. I can go anywhere, anytime; I can do whatever I like. If I want to go to college I can, or I can take an English speaking course or learn to drive and I can even do a job as well. I can wear anything – not only a suit like before.

When I was with my husband all the time I felt like I am a prisoner and I am in jail. Sometimes I felt like I was a maid servant as treated by my husband. I didn't have any right to go outside, to talk to anybody, to make friends, even to go to the temple on my own.

When I was pregnant I didn't see any happiness from him. One day he cut his beard and I said "Please don't do that" and he said "I wish that God would kill you and your baby as well. I do not care. I never listened to my parents' warnings about who you are. Go to hell." and then he abused me.

He always made me very scared and threatened me that because he brought me over here, he could send me back to his parents in India. When I heard all that, I felt very scared, lonely and helpless. I was just doing meditation and crying and crying and crying.

When I felt not well and when I was sick I ask him to take me to the doctor and I begged him always, but still he say if I was free then he would take me but if not then he can't do anything, but you have to clean the house and make fresh cooking for me - don't take any rest. He always came late at night and drunk and watched blue movies.

I had very difficult delivery, a caesarean, and he never helped me in anything even when I was in the hospital at the time of delivery it was not until the doctor called him - then he came but when the



doctors took me to the operation theatre he didn't come with me. I was crying a lot. At that time I miss my parent and I felt very alone but now the staff are very, very helpful and I feel a little bit better than before".

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AGE: The majority of high risk victims of domestic abuse are between 20 and 30 years old. ⁽³⁾

SEPARATION: Domestic violence is higher amongst those who have separated, followed by those who are divorced or single. ⁽⁵⁾

PREGNANCY: Nearly one in three women who suffer from domestic abuse during their lifetime report that the first incidence of violence happened while they were pregnant. ⁽⁶⁾

⁽³⁾ SafeLives (2015), Insights IDVA National Dataset 2013-14.

⁽⁵⁾ Walby, S. and Allen, J. (2004), Domestic violence, sexual assault and stalking: Findings from the British Crime Survey.

⁽⁶⁾ Lewis, G, Drife, J, et al. (2001) Why mothers die: Report from the confidential enquiries into maternal deaths in the UK 1997-99. DOH.

Day 8, story 8: It can happen to anyone....

"I have lived in Luton all my life. I was brought up in a loving and supportive family with 2 siblings. I was very naïve and found myself pregnant at 16 years old. My husband had a troubled child-hood and came from a big family. We were all devastated when our child became very ill and although this changed our lives overnight and it was a very tough time, we went on to have 3 more children.

My husband was jealous of the relationship our 2nd child had with her grandparents and became very cold towards her. This is when the abuse started.

We were deliberately kept short of money and not allowed to go shopping. He controlled us completely. He would regularly get drunk (he had plenty of money for beer) and he would verbally abuse me.

When our children were young I thought it was easy to hide the abuse but as they became older they noticed more of the effects. He would swear and call me terrible names and eventually all our internal doors had holes in them where he had lost his temper and punched them all.

When Dad was at home we hardly dare speak in fear of saying the wrong thing. He would lock us all out of the house and I had to climb over a neighbour's back garden fence to get in the back door with the key I had hidden for just such an event. He later brought a neighbour into our home and had sex with her while we were all asleep in bed.

I felt ashamed of what was happening and didn't want to tell my family about the abuse we were enduring so we suffered on in silence. I would lie in bed dreading the moment that he would get home from the pub. I felt so scared I hardly dared breathe and I was sure that he could hear my heart beat beating in the silence.

Despite everything I still thought that keeping our family together was the most important thing for all of us. Until, after 30 years of marriage I eventually found the strength to escape. I told my family who were so supportive and helped me move on. I have since found a loving and kind partner who knows all about my past life and my children have thankfully grown up to be wonderful and strong individuals and I am so proud of them.



I look back and wonder why I stayed for so long. My work in a pre-school has made me realise that there is help out there and nobody needs to suffer with domestic abuse anymore".

This story was provided by a professional working in Luton.

Day 9, story 9: My life can change..

'Amelia' moved to the UK from Eastern Europe three years ago. After finding work as a cleaner, she met and eventually married J who came from India. The domestic abuse in their relationship started shortly after Amelia became pregnant. J became very controlling and both verbally and physically abusive whilst, as a result, Amelia slowly lost her self-confidence and became more isolated.

The violence escalated. J raped Amelia, who left after reporting him to the Police. However Amelia had no family or friends in the UK to support her & no-one to offer emotional or financial support so quite soon she felt she had no choice but to drop the charges and go back to J.

Once Amelia's son was born, the physical and emotional abuse escalated until it became part of her daily life. She became pregnant again but lost the baby due to J choking her and punching her in the stomach.

Then things started to change.

Following the miscarriage Amelia's case was referred to the local MARAC (a safety planning meeting of statutory & voluntary agencies which focuses on the victim's safety) and Amelia was referred to Luton All Women's Centre and with the help of a Support Worker, who spoke her language, Amelia's needs were identified and a safety plan was developed.

Amelia was given emotional & practical support which helped her deal with her situation. She was then supported to access the legal advice and the practical help she needed. This included Legal Aid, Protection Orders, emergency accommodation, Foodbank Vouchers and help with claiming Child Benefit and Tax Credits. Getting support to get a nursery place for her son meant that Amelia was able to get back to work and as she started to engage with the Freedom Programme and attend other groups she made new friends, who valued her for who she was. The journey to recovery had well and truly started and she was taking the first steps to rebuild a life for her and her son.

Currently, Amelia is in a safe place and has had no contact with J since the last incident. Amelia said that thanks to Luton All Women's Centre she started to believe that her life can change, and although it would not be an easy process she will eventually live a happy life with her son. A life without abuse.

Reproduced with the kind permission of Luton All Women's Centre.

Luton All Women's Centre
Confidential women only service including support for
domestic abuse, forced marriage & honour based issues.
01582 416783
support@lawc.org.uk
www.lutonallwomenscentre.org.uk



Luton All
Women's Centre

Day 10, story 10: Family Support can change lives...

"In my first weeks in a new role I had never supported a victim of DA, in fact I felt had managed to live in quite a bubble of naivety & now had an awful lot to learn.

It wasn't long after starting that I greeted an elderly gentlemen & his daughter who were bringing his grandson to a stay & play session. In our broken English conversation I understood he was a very frightened man who was very concerned for his daughter and her children. We struggled through his story of an abusive son-in-law and I could see the sadness in his daughter's eyes as she stood in front of us holding her young baby staring off into the distance; seemingly removed from everyone & everything around her.

Having heard the daughter's story there were lots of phone calls to seek advice and get help, but without the daughter or her father prepared to give a statement or wanting to leave the home, there was little that could be done as an immediate response. I will never forget returning to work on Monday to hear of a police intervention after threats with a knife.

Over the next weeks and months disclosures came thick and fast. There were trips to the hospital in the back of a police car, awful injuries, emotional distress, supervision sessions with staff and more & more training. My experience grew and talk turned to DDV rulings & how badly needed a local Freedom Programme was.

Working with a team of people so passionate about supporting families, offering freedom, language support, family support, having a clear understanding of how to help effectively & being strong enough to accept when things can't or won't change immediately in the way they hoped, is a constant inspiration to me.

Completing a risk assessment with a Mum never gets easier. Hearing a victim's story and wanting to help and make everything better whilst having to respect their wishes, needs a strong will to maintain a professional boundary.

I see victims who come to the centre with little self esteem, unable to raise their head or give eye contact when telling their story, with little English, no money or belongings to their name, but with the sheer determination & willpower to change their own & their children's lives for the better. I am often greeted by Mums who have previously been victims of domestic abuse but have now overcome so many hurdles, learnt to speak English, achieved qualifications, volunteered at the centre & found employment. I am privileged to know such extraordinary people.

In my first year my team dealt with 71 disclosures. Four years on we have supported 164 families in the past 12 months. Now very little of what I hear or see shocks me but every day I am reminded of how family support for victims can change lives."

This story was provided by a local Children's Centre Manager.



Experiencing domestic abuse doesn't make you a victim, it just makes you human.

Day 11, story 11: If it was that bad; she would have left....

"There are many reasons why victims of DA stay with their partner; here are some that I have found are the most common.

HOPE: The perpetrator often tells the victim they were violent because of something the victim did, said or wore, so the victim changes their behaviour in the hope the abuse will stop. The perpetrator then finds another excuse.

DENIAL: Violence is just one of the ways we can be abused & controlled. I didn't see myself as a victim until he had caused extensive injuries to my face. Months of insults, isolation, emotional torture, using me financially and even ripping my hair out still didn't register as domestic abuse.

FINANCIAL: If a victim has never had any control of their money, had to budget or pay a bill, leaving can be an extremely daunting thought. They are likely to have been isolated so will not have anyone to ask for advice; they feel utterly dependent on the abuser.

PRACTICAL: If the abuser has threatened to kill our parents or children it may seem safer to stay. Isolation means we have no one to stay with if we flee, there may not be a refuge nearby and we probably don't have enough money for a bus fare let alone a B&B.

CHILDREN: Many victims tell me they are staying put because they don't want to disrupt the children or that the children need a father and he isn't directly abusive to them. However, in most cases the children are negatively affected and recognising this can be the catalyst we need to decide to leave."



This story was provided by a DA professional who runs the Freedom Programme.

Day 12, story 12: Nowhere to go..

"I had suffered domestic abuse with my husband for many months and I didn't know where to go or what to do until one winter my son's health visitor brought me a telephone number for Women's Aid in Luton. When I called them, they gave me an appointment to go and see them. I went to visit them and I talked to the support workers and explained what had been happening to me. They told me not to worry which helped me stop crying. They were so helpful and very kind. They took me and my son to a refuge. During my stay in the refuge they helped me a lot. The workers supported me in everything, making me forget about everything I went through when I was with my ex - husband. They supported me by giving me money for my needs and did what they could to get me indefinite leave to remain in the U.K. I was very happy. I left the refuge in the summer and I was put in a Hotel where I lived temporarily with my son. I thank the Women's Aid group for such a good job they do for women and children. I will never forget them."



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Day 13, story 13: Who's the victim?

'Chris' was a vulnerable young man in his early 20's when he first met 'Dave' who was in his late 40's. Dave was very loving and caring and helped Chris through the relationship breakdown that he had with his previous partner. As they became intimate and their relationship developed they started to argue a bit but Chris would just go to his room until Dave had cooled off.



The first physical violence took place after a couple of months. Whilst they were at home Dave started flirting with a male visitor. Chris made it clear that he was annoyed. Dave asked Chris to leave and when Chris refused Dave punched and dragged him across the floor. Chris hit out at Dave to make him let go. The Police were called by a neighbour and both Chris & Dave were arrested & cautioned.

The Police referred the case to a specialist service for support. The handling of this case was complicated because both Chris and Dave presented as both victim and perpetrator at different stages. Eventually it became clear that Chris needed to be supported as a victim of domestic abuse.

The next incident occurred a few months later. Chris and his friend James were drinking at the house. Dave had been in the bedroom but later said that he believed that Chris had cheated on him with James. Dave poured a can of beer over Chris and then strangled him until Chris started to lose consciousness. Dave then beat him up leaving him with black eyes. Chris said later that Dave seemed completely enraged and he thought he was really going to kill him. At the time Chris made a statement to the Police but later withdrew it as he felt that Dave was genuinely sorry for his behaviour.

Things continued to escalate and when a few weeks later Chris confronted Dave because he had found out he had been telling lies about their relationship, Dave became violent again. Chris's friend 'Laura' was visiting at the time and when Dave started to smash things he asked Laura to leave. She refused to go because she didn't want to leave Chris alone. Dave grabbed her by the throat and then by her hair and tried to push her out of the flat. Dave then started punching Chris too. Chris and Laura eventually left together and Chris went to his own flat.

The next morning Chris was arrested at his flat. Dave had reported Chris for rape. Chris was released on bail the same day. However later Chris was called into the station to be told that the Police would take no further action as Dave had refused to provide any forensic or further evidence to support his allegations. Chris told his Support Worker that as he and Dave had not had sex for a month prior to the alleged rape that there would not have been any such evidence available.

A few days later Chris contacted Dave to tell him that he wanted to end their relationship but Dave came to see him the same day and promised that he had changed. He said he would never be violent or abusive again and he begged for forgiveness. Dave said he loved Chris and was going to change and to show he was serious he had made an appointment for anger management. Encouraged, Chris agreed to give Dave another chance but a few days later a verbal argument turned into a violent incident when Dave slapped and punched Chris again.

Chris told his Support Worker that he was thinking about ending the relationship, as although Dave was getting help for his anger issues, things were still not very good with lots of petty arguments happening. Chris wanted to leave and start rebuilding his relationship with his family.

Because of the previous rape allegation, Chris was concerned about what Dave would do to him if he tried to leave but when Chris discovered that Dave had hacked into his social media accounts Chris decided to obtain a non-molestation order and to meet with a solicitor.....*Continued on next page.*

Research suggests that domestic abuse happens in 1 out of 4 LGBT relationships.

Around the same time as these arrangements were being made Dave managed to contact Chris and after more promises from him Chris decided to give the relationship another go. For the first couple of days things were OK but then Dave lost his temper with Chris and became physically violent. Despite the injuries to Chris including cuts to his face and bruised ribs Dave made another false statement to the Police and Chris was arrested for assault. He was later released and advised by the Police to leave the relationship. Chris thinking only of how much he really wanted the relationship to work, returned to Dave once again.

A few days later Dave attacked Chris, grabbing him by the throat and attempting to strangle him. Luckily for Chris a friend was present and helped free him. Chris did not report this to the Police as they had already told him to leave Dave once and he felt they would not believe him and would think he was wasting their time as a result of his previously withdrawn statements.

A few weeks later Chris was assaulted by Dave and received severe injuries. This time Dave was arrested and charged and one of his bail conditions was not to contact Chris. This at last gave Chris the space he needed to accept that his relationship with Dave was not a healthy and loving one.

Dave continued to harass, intimidate, blackmail and threaten Chris by posting sexually explicit pictures, taken when they were together, in an attempt to make Chris withdraw his statement. This time with support from friends and his Support Worker Chris did not back down and the case against Dave was scheduled for trial.

Chris is anxious about the trial but is feeling a lot better about things now. It took a long time but he eventually realised that he had to leave Dave.

During their relationship Dave had isolated him from his loved ones so now he was working hard on rebuilding relationship with his family and trying to make amends.

Story provided by DA Professional working with victims of DA.

Day 14, story 14: An abuser can change....

"There is a myth that abusive men cannot change and I want to tell the story of one client, who believed that of himself too before he joined a perpetrator programme.

'Joe' contacted our service following an incident where he physically attacked his current partner. He and 'Kate' had been together for 8 years and had a 3 year old son. Joe and Kate said that the physical incident was the "first time". Kate, however, said that Joe was controlling and "vile" towards her. Joe and Kate were separated. Joe told us he has been "violent all his life" and had spent some time in prison for punching an ex-partner. Joe said "I think there is something wrong with me, I have no control over what I do, it just happens. I don't think you will be able to help me, but I want to give it a try. I need to stop what I am doing before I lose everything". Joe was accepted onto a perpetrator programme. A support service was offered to Kate and she was allocated a partner support worker.

Like a lot of men who start the programme, Joe was anxious and quiet. In his disclosures, Joe would blame Kate for abusive incidents and minimise his own behaviour. However, as we worked to raise Joe's awareness of what his behaviour was, he started to minimise and blame less. About half way through Joe said "I knew being physically violent was wrong and I still think it is, but I didn't realise that the way I was controlling and emotionally abusing Kate on a daily basis was even abuse. I have put her

through hell". This was a turning point for Joe, finally holding account for his behaviour. At the same time our support worker was contacting Kate to see how things were going. Kate was saying she could see some changes in Joe. It was early days but we carried on supporting Kate and working with Joe. Kate was referred to a women's support programme to help raise her awareness.

Throughout the programme Joe continued to engage, reflect and explore his intent and his behaviour. Some things would resonate with him but others would not apply to his relationship. At times he would disclose that he had been verbally abusive. Joe would talk through these incidents with the group and explore the effect that they would have had on his partner, each time building on his own understanding and accountability.

In his last session Joe said "I have been a violent man for 40 years, I cannot undo what I have done but I want to be the man, husband and father I know I can be".

We recently contacted Joe and Kate. They are still separated but are co-parenting their son, safely and happily. There have been no further incidents of abuse reported by Kate or Joe."

This story was provided by a professional working with perpetrators of DA.



Day 15, story 15: A Prayer.

"My life was difficult and hard. I was forced to marry a mentally ill man. I was in a dark cloud full of abuse and torture. My crime? I was born a woman. When I came to the refuge I was scared but they changed my life around. My trust, my life and my own identity, Women's Aid in Luton have given me".

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Thank you to everyone who contributed a story for '16 Days, 16 Stories'.

16 DAYS OF ACTION

'16 DAYS, 16 STORIES'

Many of these stories show that if victims of domestic abuse get the help they need, then their lives can change for the better.

Unfortunately there are still too many individuals and families experiencing domestic abuse who don't ask for help and never tell anyone what is happening to them.

If you are frightened of someone else's behaviour, or worried about your own, there is help & support available.

For information about local services call the DA Partnership Information Line on 01582 853677 or go to: www.lutondomesticabuse.co.uk.

National DV Helpline: 0808 2000 247

Men's Advice Line: 0808 801 0327

LGBT DV Helpline: 0300 999 5428

Respect Phone-line: 0808 802 4040

Child Line: 0800 1111

Victim Support Support-Line: 0808 168 9111

To report to the Police: call 101 for non-urgent incidents **but in an emergency always call 999.**

Stories collated & produced for the DAP by jenny.bull@victimsupport.org.uk.

Day 16, story 16: Part 1

Things they say...

Don't go out tonight, let's have a nice evening in.
I don't think your friends like me for some reason.
You're always on the phone talking and texting, you talk to them more than me.

Your family hate me.

Why do you need them when you've got me.

You wouldn't go out if you loved me.

You look awful in that.

You don't need make up.

You don't dress up like that when we go out.

You look like a tart in that.

You're not going out looking like that.

I only slapped you because you made me upset.

I don't want your friends coming round, they just cause trouble and make us argue.

I am your family now, we don't need them.

Let's have a baby.

B*tch you make me so mad, it's your fault.

If you would just keep your mouth shut...

You never give me the attention I need anymore.

Look at the state of you, who else would look at you.

If you tell anyone they will take away the baby.

I will take the baby away and you will never see us again.

If you call the police I will kill you.

You're mad, you need help.

Let's have another baby.

Look what you made me do...



Day 16, story 16: Part 2

Things to do...

Dazzle her.

Question everything.

Start checking her phone.

Delete all her male friends.

Put a tracker on the phone.

Sulk and look sad so she stays in.

Choose what she can wear.

Withdraw from her.

Don't talk to her.

Get a bit rough.

Slap her.

Now say you are sorry.

Buy her gifts after arguments.

Isolate her from family and friends.

Take all her money, she needs to depend on you.

Get her pregnant.

Punch her.

Kick her.

Bite her.

Drag her by the hair.

Make her feel guilty.

Make her feel worthless.

Take away her phone

Put your hands around her neck and squeeze.

Keep her locked in the house.

Force her.

Kill her.



Word streams provided by DA Professional.