



Ashly



Your actions caused profound, long-lasting emotional and psychological harm. As a child, you took away my sense of safety and belonging. You made my home a place of fear. You taught me that love was conditional, that anger was love's constant shadow, and that trust was dangerous. I learned to live in hypervigilance, reading every tone, every shift in your mood, and now my partner's, ready to defend or hide myself at a moment's notice, or worse, to escalate a small nothing into a huge something because it feels safer to pick and control a fight, than it is to suddenly be a victim, like I was from your physical and emotional violence.

This kind of childhood rewires a person's brain. It changes how they relate to others, how they see themselves, and how they navigate the world. I grew up with:

- Chronic anxiety and hyperawareness, always scanning for danger.
- Low self-worth, because my father's words and actions told me I was undeserving of kindness.
- Distorted ideas of love and relationships, because my primary example was a cycle of violence.



Message

