



- Emotional suppression, because speaking up often meant escalation and more abuse.
- Trauma responses so deeply ingrained that even years later, I had to work to feel safe in otherwise normal situations.
- My ability to emotionally regulate in times of fear, stress, overwhelm diminished; all of which deeply impacts the most important intimate relationship I have ever had and my ability to parent my daughter calmly, lovingly and peacefully. You taught me to respond to everything with anger, rage, humiliation, condescension.

And because you only cared about yourself, I became a people-pleaser, a doormat, and someone who constantly needs reassurance and validation that I have value, meaning and purpose.

As an adult, I have carried the weight of that damage into my relationships, my parenting, and my own mental health. I have had to teach myself boundaries you never respected. I have had to unlearn the belief that my existence is inherently wrong. I have had to face the truth that the person I wanted most



Message

