

## A New Perspective: the Unacknowledged Abuse Survivors

A testimony from a man's perspective: Not an easy thing to deal with. This is a real life story from a real live man, who is kind enough and strong enough to share his story for the rest of us:

A lot of times when people think of abuse they think of children, woman, and animals as the victims. They almost never think of us men, they seem to think men are just the predators. They never stop to ask themselves why. I am not in any way making excuses for men who are abusers, I would never do that ever. The majority of men who are abusers were victims of abuse themselves and do not know any other way to handle anger, frustration, or any other emotions or pain. Society still does not accept the fact that men are victims as well. It is societies dirty little secret. I know this because I am a man and a survivor of abuse. The men and woman who were my abusers were raised by abusers. If you are a man who was or is being abused YOU ARE NOT ALONE. There is help out there. You are not worthless, inferior, a disgrace, less of a man, or any of the feelings of worthlessness that come along with being a victim of abuse. You are human and YOU ARE WORTH HELPING. Here is my story. If this helps one person man or woman than the hardship I am experiencing expressing what has happened to me is well worth it.

I am 6 feet 9 inches tall but still have been a victim. My father was very abusive to me as a child physically, verbally, and emotionally. He did things like beat me if I had to pee in the middle of the night, turned the flame of the stove on high and hold my hand down on it if he thought I was lying to him. He would hit me repeatedly if my grades were not as good as he wanted and if my younger brother made a mess it was me that meant the belt would come off and he would unload on me because it was my responsibility to make sure the mess never happened in the first place. This happened for years. After a number of years went by I went to live with my mother and when I was 16 I went to see my little brother one time who was his and my step mother's child and my father was about to unload on me but was he surprised when instead of cowering around him I jumped up, grabbed him by the throat and told him that I would kill him if he ever laid a hand on me again and yes he did piss himself. I never felt so empowered in my life. As an adult I have been abused by woman who was very violent would try to hit me with things or try to stick me with sharp objects, tell me I was a worthless, dumb, stupid, a pile of shit, would cheat on me, and lie to me. Even as short of time as a month ago I had a friend who would yell and scream at me if things did not go her way even though I had nothing to do with it. She would just call me and start screaming. A month ago she started in on me and I said to her stop yelling at me and just talk to me and she didn't so simply said Hasta la vista bitchie and hung up on her. I will not speak to her. Because of all of this I do not trust most people, I can not have a relationship with a woman without wondering when the lies are going to start, or simply confide in someone and just trust them. I am getting help and I now know that I deserve better than that. I deserve to be treated with dignity, respect, class, and value and so do all of you.