

“ ‘You grow up hating yourself’: why child abuse survivors keep – and break – their silence”

This is an excellent article. It took me several years to escape the reoccurring nightmares long after my abuse. Key mentions that really hit home for me...

“The average victim takes 24 years to reveal their secret and disclosure is often the key to recovery”

“Trust is a massive issue for people who’ve been abused. Because often these people were people we looked up to and admired.”

“I want people to know they’re not on their own,” she says. “There’s so much happens behind closed doors [that] nobody ever talks about...”

“I never felt safe and I never felt grounded. You grow up hating yourself and thinking you caused it and you deserve it.”

Source:

<https://www.theguardian.com/society/2019/jul/01/you-grow-up-hating-yourself-why-child-abuse-survivors-keep-and-break-their-silence>

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