

Dropping the Veil

By Judi

Some of the weapons abusive partners use are: isolation, shame, disapproval and attacks on our self-esteem.

This verbal and emotional abuse is designed to control our behavior and, in fact, it is very effective. In our quest for approval that is always just beyond our reach, many of us consciously (and unconsciously) alter ourselves. We hide and intentionally cover our beauty, self-confidence, strength, sense of humor, intelligence and so much more that I cannot articulate for you here behind a "veil".

This time of discovery and healing is so important to abuse victims because I believe that we all have a sense that we are invisible to the world. We become so good at ignoring our own needs and desires that we don't remember how to care for ourselves anymore. Now that we are free we must make a choice to "drop the veil". When we really begin to embrace and realize our freedom, we will see ourselves again. There are many who have survived this place that we residents of Cornerstone are coming out of. They are here to help us day after day and they rejoice with us for everything from the smallest victories to the big moves forward in our lives.

This experience has helped me to look in the mirror and see myself again, my true worthiness of love, respect, equality, admiration and intimacy. It is so important for all of us to see ourselves and be seen by all of the people in our lives. It is continuous discovery, making my confidence grow and my fears disappear.

As a result people around me have more confidence in me and
When I believe, my potential employers believe, my friends believe,
My teachers believe, this positive energy flows back to me
And there is a new level of self-esteem every time.

So drop your veil, listen to your inner voice and let your true self shine for all those to see!!