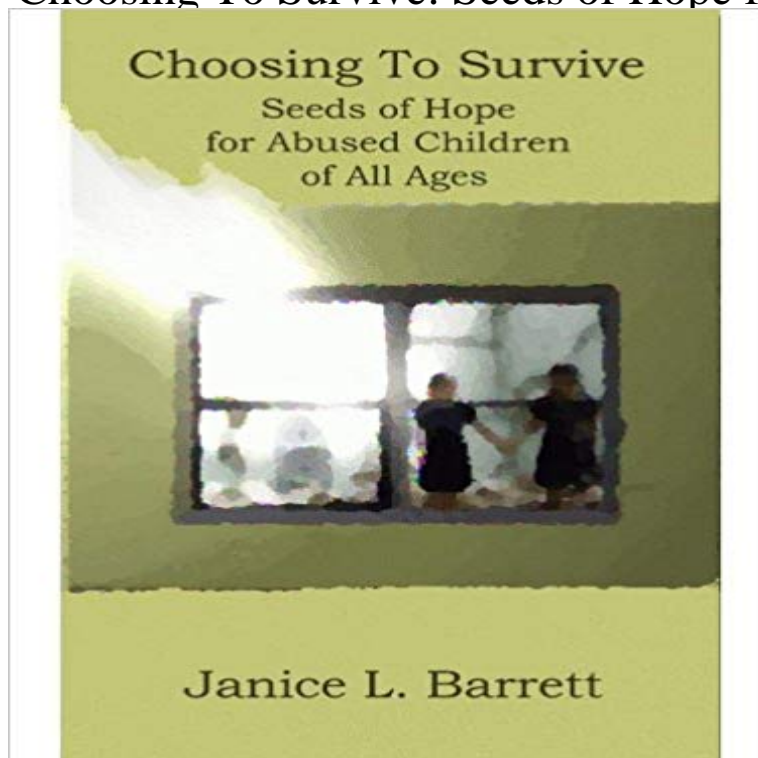


## Choosing To Survive: Seeds of Hope for Abused Children of All Ages



Choosing To Survive, Seeds of Hope For Abused Children of All Ages, is a true story of the authors abusive childhood and the resulting devastation to all that lived within the household. Janice Barrett describes the daily abuse and the effects it had on her, as well as how she was able to change her life. She describes the personalities that are often created within an abusive environment. Choosing To Survive offers the reader hope for healing as well as very practical ways to cope on a day to day basis and to ultimately become a survivor. This book would also be a great teaching tool for the professional who treats those who have been abused. In the authors words:. This book is written from the reality of my own experience. This telling can sometimes be harsh and certainly not pretty, but it will be the truth as I saw it. I feel it would be pointless to commit this to writing and not be totally honest. Those that I have written this for will perhaps accept my words as a truth because they may see that some of my experiences mirror their own. Exposing my experiences and the things I have kept secret for most of my lifetime has been difficult but I am committed to tell all of the truth as I lived it, not just parts of it. Without the entire truth, I could not be credible to my readers or myself. The following are excerpts from her book: Our family face was quite ugly. One or both parents were drunk on a daily basis. No matter what was going on inside our home, no one outside of our family ever saw it. A violent fight could be going on, but if someone rang the doorbell we all knew to fall into our roles and put on our Company faces. . . . In our home we all knew that to make a mistake was to BE a mistake. One infraction meant you were less than perfect, therefore, unacceptable or tainted. My siblings and I lived in what amounted to a war zone. We walked through emotional mine fields every day. To disagree in any

way with a parent in our home was cause for corporal punishment or even abandonment. We were constantly threatened with being disowned. . . . Name-calling was common in my home. Not sibling to sibling but parent to child. It hurts so bad to be called names by your parents because you believe that what they say is how they really feel about you. We were also belittled and told we were worthless. . . . I believe parents do this because their own lives are so out of control and full of pain that they feel the need to hurt others. Who could be more convenient, not to mention vulnerable, than your own child? Whatever the feelings or problems of parents, it does not excuse their behavior nor the damage it can do to the child. . . . Sexual abuse is also common in abusive homes. It is most commonly thought of as being perpetrated by fathers or stepfathers. Mothers also molest their children. I think people have difficulty with this concept, but it is a very real fact. . . . If anyone is attempting to harm you in this way, you must tell an adult, such as a counselor or the nurse at school, your pastor or priest, or a law enforcement official. Your environment is not safe. Furthermore, you do not deserve this treatment, nor are you responsible in any way for it happening. . . . We have no choice about what we are born into, but we do have choices in where we go from there. I consider myself to be a survivor. By my definition I am a survivor because I never gave up on myself! I did not fail to thrive. . . . I raised two children in the very same environment I was raised in. As a child I promised myself I would not do that. How could I allow that to happen? It was because I did not know any other way of life. I lived what I was familiar with. I did not know how to change myself and therefore could not change my life. The marriage ended after 21 years. Did those years wreak havoc on and emotionally scar my children? Yes.

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