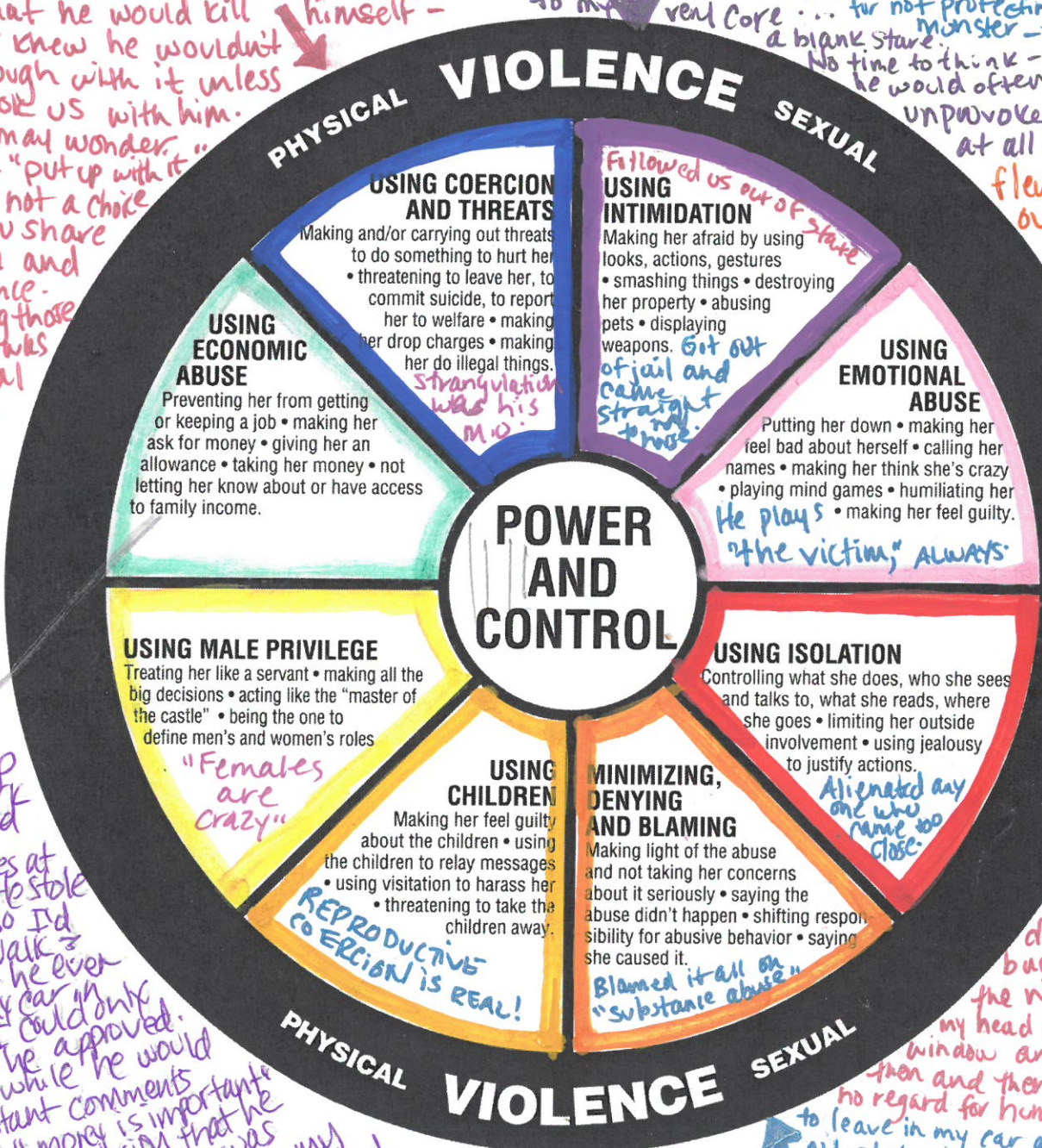


my arms, begging him not to do it. He raised that broom high over our heads, laughed, and proceeded to break it over my head...  
 He missed my son's head by less than an inch.  
 He once called me 97 times in one night and sent dozens of texts - and I obediently answered every single time...  
 WHY? Because he was quite clear that he would kill himself -

He had 2 "looks." One, a sideways smile that was his way of letting me know I was in trouble & that he would soon be taking pleasure in punishing me. The other look was one that would chill me to my real core...  
 I remember the dispatcher saying she'd run out of questions but she kept me on the line until the police arrived or he broke the door down & killed my 16 month old son and sang lullabies to drown out the rage on the other side of the door. I kissed my son and apologized for not protecting him from this monster - at that moment, no time to think - I knew we were he would often attack going to unprovoked, for no reason at all. Once, he flew up off the bed out of a deep sleep and knocked me to the ground with one punch to my head. I was 3 months pregnant. He then rolled over, without a single word, and fell right back to sleep.

and I knew he wouldn't go through with it unless he took us with him. People may wonder why we "put up with it" but it's not a choice when you share children and a residence. Answering those 17 calls was survival tactic - to hold him off or just one more day.

He plays "the victim," ALWAYS.



ie howed up my work face and houted scenarios at my boss. He stole my keys so I'd give to walk late - he even locked my car in a place that I could only leave if he approved. It's the while he would give constant comments about how a money is important and he had this illusion that he was supporting me - but he was systematically breaking down my ability to leave and do another my job. I did not have a means of survival... it's his managing behavior and before I was taken care of. I had to calculate my life now! hypervigilance, constant anxiety - it never goes away 100%. He had done so much damage. He once showed up at my son's daycare, which was attached to the elementary school I worked at. He jumped into my car with his had drawn so only his evil eyes were showing. At first, I thought I was being mugged. When I realized it was HIM, I was 1,000x more terrified!

Strangulation was his M.O. Got out of jail and came straight home.

Using Isolation: Alienated any one who came too close.

Using Children: REPRODUCTIVE COERCION IS REAL!

Using Intimidation: Blamed it all on "substance abuse"

Using Male Privilege: "Females are crazy"

Using Isolation: The first time he laid hands on me was 3 months into our relationship. He grabbed me by my hair as I drove 55 mph on a back country road in the winter. He smashed my head off the drivers side window and I knew right then and there that he had no regard for human life... I tried to leave in my car as soon as he got out at his house, but he stood in front of/behind my car so that I couldn't go anywhere. He took my keys with him to work that night.

**READ:**  
 "Why Does He Do That?"  
 by **Lundy Bancroft.**  
 202 East Superior Street  
 Duluth, Minnesota 55802  
 218-722-2781  
 www.theduluthmodel.org

This book is what saved our lives.