

One Bad Decision Why I Had To Write This Book

Everything in my mind, gut and heart was pulling me away from Tyrone (not his real name). Everything was telling me to get as far away from him as possible. I did not listen because I was so desperate to be loved and be in love.

When I made the conscious decision to ignore my instincts to PROVE to Tyrone that I could love him like no other woman ever could, I signed my life away. For the next 10 years I was in a relationship that destroyed me and wounded those around me who loved me and watched me suffer. There were so many times I wanted to leave but I was too ashamed and too afraid.

I was ashamed because I gave him EVERYTHING and lost so much I had worked a lifetime to build. I did not want the world to know how stupid I was. I was ashamed because I let God, my family, friends, business associates, clients and myself down. I was ashamed because I had become everything I vowed I would never become. I was ashamed because I was too far out in the ocean of life to swim back, but I knew I would never make it to a safe shore.

I was afraid of him because when I suggested we take a break from each other, he cornered me and vowed he would never let me go. When I stopped giving him money and stopped sleeping with him, he said he would make me marry him and then I better start back giving him everything I earned.

By the grace, mercy and movement of God's hand, I got away.

Mentally scarred. Emotionally drained. Psychologically battered.

I was out of everything and wanted to stop the pain. I did not want to die. I just wanted the horrible pain to stop. I saw only one of two ways to stop the pain. Write or commit suicide. Thank God I chose to write.

I started writing for therapy, just to get the pain out. But I soon realized that I survived and conquered something that others are facing and my story of eventual escape and triumph might help somebody else. It has. It does.

Women decided not to kill their children, spouses, husbands or themselves. They left with just the clothes on their backs, went back to school, left the state, moved in with family, found other jobs, fell back in love with themselves and a new life for them and their children.

Men told me that they stopped abusing their wives and girlfriends after they saw how graphically I described the pain I was living with because of this man.

Young people terminated toxic relationships before they got too serious because of what my book told them.

I wrote it to sever myself from the pain. God ended up using it to change and save lives.