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On Behalf Of:
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In 2017 and 2018 I was on the receiving end of domestic violence. I am fortunate I was not married to him nor did we have children together but it was a long painful and at times scary ordeal to go through. Talking to others about it at the time wasn't something I felt I was able to do and only after months of being stalked and harassed at work did I do something about it.

The last time he hit me he first started by dragging me across the bedroom by my hair, I grabbed his genitalia and squeezed. He stopped and asked me not to hurt him. I told him I didn't want to hurt him but I also didn't want him to hurt me. So he stopped for a few moments, I got up off the ground and he proceeded to punch me in the face. He landed the punch at an angle on my nose, broke it, blood sprayed all over the room and nearby door as I crumpled to the floor.

I was lucky because after that it de-escalated and I was able to leave. However we worked for the same employer but it was a very large employer and our paths had never crossed until he started seeking me out and after him threatening me at work I went to HR for help. They started an internal investigation and put security surveillance on myself and him so they could alert me if they thought he was going to come to my home.

I also met with a team of specialists at work, one was a mental health professional and he explained to me how lucky I was and that a lot of women die when they get punched in the face because they fall backwards and hit their heads.

This was a huge eye opener and I was truly frightened. I had flashbacks of this for at least a year afterwards, I was working full time and going to school to get my MBA and my head was extremely foggy for the next 9 months. I also had a child but she wasn't staying with me that night.

Most women do not want to hurt their abuser they just want to be left alone, but even after we tell them no repeatedly, leave us alone, we beg and plead it does no good. I too was willing to defend myself to whatever extent needed. I was just lucky it didn't require an extreme response on my part. But this experience has forever changed me.