

BATTER UP!

By Angie Rosillo

Upon completion of your Incorporation and release from the W.I.I.T. program, life began anew. Clearly, your unique individuality combined with your elevated intelligence enabled you to survive unspeakable abuse. At W.I.I.T. you learned that none of this was your fault. Your abusers motives have been totally exposed, and you've obtained the tools necessary to rebuild your life. CONGRATULATIONS!!!

So off into the world you go, filled with hope and enthusiasm about what lies ahead. You're ready! You're armed with your affirmations, you've set your boundaries, you have realistic personal expectations and you can't wait to see what happens next! So you put your fear aside, you step up to the plate...and BLAM...a curve ball hits you right between the eyes, and the crowd goes wild (the crowd of abuser's values, that is). You see your recovery has made them very nervous. They don't like this new strength and new knowledge you've obtained. And they really hate that you're on to them. It used to be so easy to control you. They knew every button to push and exactly when to push it. Something's changed and they don't like it! They have to work way too hard now to get your attention. Their blatant attempts to control you are recognized by you instantaneously and dismissed, so now they must find more subtle ways to get your attention. And one technique they really like is Discouragement. They want you to believe that every problem, whether large or small, is proof positive that you are everything that they've taught you to believe: that you're a loser...that you're stupid...that you can't do it...that W.I.I.T. was a lie...and that you will never be anything but a failure your entire life. Don't you believe it!!! The simple truth is that everyone in the world has problems from time to time. Do not allow your loyalty to your abuser's values cripple you for the rest of your life. Discouragement and disappointment happens to everyone, not just abuse survivors. It's how you handle it that counts. You have skills now to respond differently. You no longer have to be a pawn in your abuser's sick game. You've already turned the tables on them; they just don't want you to know it. Every day as you get stronger and stronger, they get weaker and weaker. So the next time Discouragement raises it's ugly head, do what they do in baseball...just pick yourself up, dust yourself off, and start all over again.....BECAUSE YOU'RE WORTH IT!!!!