

“Karen”

I went to the healing center because my husband was becoming violent. I managed to stash a dollar or two away at a time until I had saved enough for a bus ticket. I slipped away while he was at work. I arrived at the center tired, frightened and penniless. After two weeks of counseling, I called my husband to let him know where I was staying. He begged me to come home. I told him that I would not return to an abusive situation. I told him that I would think about coming home if he would do some counseling with my counselor. He agreed. He traveled to a nearby city where I was staying and set up temporary residence in a local motel and saw my counselor every day for two weeks. He also paid for the counseling. During that time he began to recognize that his abusive behaviors originated in his childhood and had nourished his feelings of unworthiness, guilt, loneliness and shame.

At the end of two weeks, there was a dramatic change in my husband, so I decided to go home with him. We are still struggling with issues of the past, but we get help. My husband has encouraged me to return to the healing center whenever I feel unsafe with him. We have made a commitment to each other to work on our relationship by attending weekly counseling sessions. Every day I thank God for Women’s Healing and Empowerment Network.