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Chains

The topic of bullying hits close to my spirit because I was a survivor of it. I remember balling up my fist and fighting every day in elementary school. I was fighting in home and in school. It was constant warfare. Every day I was being emotionally attacked at home by my Step-Mother. I was made to be a fighter. I still have a fighting spirit. I refuse to give up. I had many reasons to give up in the last five years of my school enrollment. Being diagnosed with a medical issue was by far the hardest spiritual battle of my life. I am still healing because a vicious cycle had been broken that stemmed from my childhood. I experienced the fear of abandonment because my Mother left me at a young age and I had a Step-Mother that was psychologically, emotionally, verbally and physically abusive. I am now tackling the girl that is hurt within me. I am now confronting myself and the negative behaviors that I turned to cope as a young woman. I had needed deliverance. It took a wakeup call to turn around and follow Jesus. I had been chasing the wrong things for far too long. I neglected myself and my dreams. I had always dreamed of becoming a powerful dancer. I placed my dreams on hold so that I could start a family. I kept meeting the wrong people who were simply a distraction from the enemy. God blessed me with a beautiful daughter. She embodies all the love I had been seeking in the wrong places and people.

I am more healed and aware of myself. I love who I am becoming and where I am going. I am not where I was and I am learning from my mistakes. I am believing for ultimate healing. I know it is going to be a journey, but each step I take with Jesus. I now, understand how I played a major part in my own suffering. I had been accustomed to pain and I repeated that vicious cycle my entire life. I had been trauma bonding and jumping in and out of unhealthy relationships that robbed my soul and mind. I turn to Jesus and God and continuously pray for the right partner. Someone who I can grow with and do life with. I desire a God centered relationship. Being led by the flesh leads to destruction. There is a time for

everything. A time for love and a time for peace. I had been at war my entire life. Fighting unresolved issues. I had been running from myself and the unhealed wounds of my past. Only, God can heal. At one point, you have to turn to Jesus and allow his love to be his banner over you. I had a dark past but I can see the light now. I experienced years of anger and deep pain. I look at my daughter and see myself in her. I endeavor to break generational curses and raise her in a healthy and benevolent home, where she feels safe. I see my daughter's strength. I allow her to be strong because I was broken down as a child which led to negative behavior as an adult. The psychodynamic theory and attachment theory help me to understand myself. I had anxious attachment because I was afraid of being abandoned. My daughter was abandoned by her Father. My daughter has experienced trauma as well. I am so glad that I am aware of my own hurt and scars and instead of turning to men, I turn to Jesus. It took something tragic to wake up. However, I have awakened to my own beauty and strength. I now have the strength to love myself. There was tremendous self-hatred that I am still healing from. All things are possible through Christ who strengthens me. I will heal and my daughter will not have to endure the same pain because these chains are broken.