

YOU CAN DO IT! **STAND UP AND WALK AWAY**

This is the first article in a long series

- You can do It - about self development, abuse, parenthood, private economy, business, entrepreneurial ship, immigration and spirituality, written by Gunilla Miranda.

You've heard it all before: Women who get abused – physically, mentally and/or emotionally. And you may think, my goodness me why doesn't she stand up and walk away. Why does she allow it to happen? Everybody knows that he (usually it is a him) will never stop or change his pattern. So why doesn't she say enough is enough and leave? Really when you think about it, is it not her own fault? If she left the abuse would stop. She would have peace and a chance to create a new life. But she stays.

I tell you why women often don't leave. I was one of them.

We

- have a silly hope that he will change
- may think it is better to stay with the tormentor you know than throw ourselves in to the unknown
- are dependent in every form you can think of
- think of the children (or maybe not)
- have no possibility to plan the future
- are consumed by FEAR every minute of the day – and night.

Some women may also share my former situation, being isolated in a foreign country 24 hours flight from home and safety. No passport, no money and far away from the embassy. And after a while no courage to even think about the embassy and escape. If someone would have told me, before I became a habitant of the non-abuse free zone, that I would be an abused woman I would have thought it to be equally as likely to be chosen for the next tour to the moon. Before, I had a successful career, author, journalist, family and friends, great network, financial security and travelled the world. In other words, independent in every way. After, I had nothing not even myself.

It is true that abuse travels over all borders, despite religious beliefs and education level and exists in all social classes. This is true for both the abuser and the abused. Please observe that I'm not using the word victim. It is on purpose. Victim gives the idea that we do not have a choice and that it is a permanent situation. It doesn't have to be that way.

Do you remember your life before this relationship? Did you really dream of living in a relationship where you couldn't speak your mind. A life full of uncertainty, fear, hunger for shelter. Fear of being killed or just threatened. Was your dream to be dntrodden? Did you plan for a living nightmare? I didn't think so, but now you have it. Please revive your old dreams, hopes and aspirations.

I cannot in this little column give you all the advice, strength and courage you need in order to leave, but I can plant the seed. When you have a moment; water and nurture it. It will grow. The world is full of success stories, (and some people may say that I am one of them) how such and such a person did this and that and finally lived happily after. However, there are no guarantees in life. But what I do know is that if you continue to nurture that seed something will grow in you and that something will one day be so strong that you can stand up and walk away.

For more seeds, please go to www.gunillamiranda.com



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