

My name is [REDACTED] & I was abused for [REDACTED] years by the father of my [REDACTED] children. My ex partner was a heavy marijuana smoker when he was a teenager which I was unaware of when I met him.

He would go into fits of rage for no reason at all at times he would push me through plate glass window, punch me in the face.

After [REDACTED] years I finally had enough & sought to leave as [REDACTED] punched me in the face when I was [REDACTED] pregnant whilst I was driving the car & had children in the car.

I turned the car around & went to my mother's house she did not support me at all I knew from that moment that I had to defend myself so I kicked [REDACTED] out on [REDACTED] after he had kicked me in the back I was devastated but for my own safety & the safety of my children I left.

I was threatened & life was difficult but I was determined to make a life for myself.

At no time I felt sorry for myself but I had to break the cycle & I achieved it mediation did not work as when one person works hard at the relationship & one doesn't it just does not work.

I feel with all the media hype it does not help the victims who are trying to move on this issue starts in the home & we as a society need to teach our children this behaviour is not acceptable.

I feel offended when Rosie Batty makes statements like when a cupboard door needs fixing she would ask her ex partner to come & repair. I am sorry but all contact has to be cut off as the more you interact with these people the worse they become it empowers them.

Sometimes we are our own worst enemy.

I feel gutted that there is so much talk & the costly royal commission is only making lawyers & panels a lot of money.

It does not help either when you hear that the biggest abusers are building a centre for sexual assault victims & domestic violence victims in [REDACTED]. It does not help as I feel I cannot go to this place & feel safe & express my concerns.

Violence starts at the top until we can break the cycle it will be in society forever