

From: [REDACTED]
To: [Enquiries](#)
Cc: [REDACTED]
Subject: Emailing Submissions Family Violence
Date: Friday, 29 May 2015 11:58:26 AM
Attachments: SubmissionsCoverSheet.pdf

To the Royal Commission into Family Violence:

I was regularly beaten and tormented by my older [REDACTED] as far back as I can recall. As a young teenager my misery was added to by beatings and psychological abuse from my father while my mother was absent. I escaped these beatings on occasion by running away until I was certain my mother had returned. She did not believe what was happening. This affected my health and my schooling and I was unable to see past leaving home at the end of HSC so I did not apply for a place at university. In spite of the trauma at home, including a time when I left home and did not attend school, I was third in my year.

My siblings were not beaten and all hold multiple tertiary qualifications. All of them are financially independent and comfortable.

The stress and fear continued after I had left home and they affected my health very badly. Although I never turned to drugs or alcohol I moved frequently, continued to suffer from the poor health which commenced in my teens, and had no family support. Recurring illness made my work life erratic at best. I did not understand when my partners loved me and did not realise this could last. I left a trail of broken relationships across [REDACTED] continents. The family's rejection of me was reinforced time and again. I was told I was "not to come home in that state" after I was raped for a second time, aged only [REDACTED]. I was poor and yet had enormous academic potential. The effects of the physical and psychological abuse from my family dogged me both inside the family dynamic and outside.

I remain unwell and live as a socioeconomically disadvantaged pensioner aged only [REDACTED]. I represent wasted potential. With the right support I doubt this would be the case as my health problems are largely due to [REDACTED]. Avoiding stress is critical to ensure individuals [REDACTED] do not become ill. Stress is a known trigger that sets the disease process in motion. There is no doubt in my mind that the abuse I suffered at a critical time in my development underpins my disadvantage and dependence.

I have fought tooth and nail to ensure [REDACTED] life does not mirror my own. [REDACTED] is in [REDACTED] year at university and is discussing [REDACTED] plans for a PhD. [REDACTED] does not know the full extent of my experience at my father's hands but [REDACTED] has observed the alienation and continued disrespect I suffer. I would not have bothered to have any contact had I remained childless, but these were [REDACTED] relations and my hope was always that [REDACTED] would feel loved and included. It was a very difficult sacrifice to make.

Too late in the piece my mother acknowledged I might be telling the truth when my father hit me in front of her. She spoke to dad's GP, Dr [REDACTED] about dad's drinking. Dr [REDACTED] did not believe what mum said, saying dad was a "gentleman". I have no respect for Dr [REDACTED]. He helped my dad beat me by failing to act when my mother appealed to him for help. I hope I get to tell him this personally before he dies.

I was led to believe the shame was all mine and for [REDACTED] years I lived with that burden.

A psychologist, [REDACTED], said to me, "I happen to like who you are right now. Stop trying to change. It is killing you." I wish that had been said to me when I was [REDACTED] and writing the following in my diary: it would be better for the family if I was dead. That diary remains in my possession. Indeed, my mother echoed this several years later when she said I'd been born into the wrong family.

It's not my job to find your solutions. I have done my time. My child is turning out well. From day one I brought [REDACTED] up to be a good [REDACTED] does not drink and [REDACTED] does not imbibe illicit drugs. [REDACTED] is achieving remarkable results, and even if [REDACTED] develops the same illness I have [REDACTED] will not be as sick and [REDACTED] will be supported and [REDACTED] will be able to work. [REDACTED] knows I love [REDACTED] as I have always told [REDACTED] "more than anything in the world".

Sincerely, [REDACTED]

[REDACTED]