

Throughout my incarceration I've on many occasions reflected on, and admired, the strength of women. There are a great deal of examples in which I can draw from, but there's one profound notion that I have in mind for now..., and that's domestic violence situations.

First and foremost, me myself, I could never grasp to, nor understand, the concept of putting my hands on a woman. In any relationship that I'm apart of (rather friendship or other wise I deeply believe that if we have to resolve our problems by getting physical, out of physical healing, then we have "no" business even being around each other.

Lets dig deeper into this subject, and look at the psychology behind domestic violence. While you are growing into the person you become in life, you're being taught how relationships are bonded within the household. There's a study that shows kids that were subjected to or witness violence in the household are ten times more likely to relate relationships with violence.

For instance; in Tina and Iyki Turner's domestic violence relationship, the core of the abuse was from Iyki's abusive childhood. In a more recent case you can look into the childhood of Chris Brown where he witness his mother in an abusive relationship. Both Iyki and Chris were taught to relate relationships with violence as children.

The women in these cases are survivors. To recognize that they're in control of their selfworth is what I above all admire about the women I've named and the so many untold stories.

The strength that I see in women that have come to realize that they're worthy of non-violent households, and much more, is something truly beautiful. I can highly appreciate a woman displaying, not only to herself, but the world her strength that's connected to selfworthiness.

It's very painful when I hear from relatives and friends, and they speak about someone that's going through abusive relationships. Some women never got the chance to leave or realize that they're in an unhealthy relationship before the worse happens.

I'm rooting for those of you that are still blind to your selfworth. Open up your eyes, sistas! I'm here for you!

