

Dealing with Sexual Abuse

Hi everyone, in my last blog I told you about how I was molested by my step father from the age of 4 to 11 and how I was raped just a couple years ago. Well this time I will tell you how I deal with it. First off it still affects me, in every relationship I have even in my friendships. I feel or felt like the only thing I have to offer anyone is sex and I don't think I have ever said no to anyone who wanted to have sex with me. I believe I might be a clinical nymphomaniac. For the longest time I hated myself and I attempted to kill myself many times and my family had me hospitalized many times. For years I hated my stepfather and at the same time I didn't understand why he didn't love me. I still can't cope with being around older men, it makes me very uncomfortable. Finally I forgave him for everything he did to me because I realized that somebody had done something horrible to him. The guys involved in raping me a couple years ago, well I have been diagnosed with P.T.S.D. and I flash back to the event often. I'm ashamed and I feel like I'm less of a man. The psych doctors kept telling me the pain of being raped will fade and eventually I'll get back to the life I had before it happened. I don't know, I do know I'm scared and uncomfortable around gang members. I deal with it day to day. I try to help others who have gone through the same thing. I would like to talk to someone about it but in here I'm afraid to encourage some other predator. This is a very dangerous place I'm in and you can't really trust anyone else. Hopefully, one day I will get better or get over it. Take care of yourselves. Peace ☺ Donny