Visit [www.INeedBlue.net](http://www.INeedBlue.net) for additional stories, national hotlines, photos, etc.

Please note I Need Blue episodes do contain stories which feature graphic content and could be triggering. Please seek help if needed. Remember, you always come first.

This episode focuses on the topic of rape. If you are a victim of rape or know someone who is, contact the National Sexual Assault hotline operated by RAINN, which is the largest anti sexual violence organization. They can be reached at 1-800-656 HOPE. When you call this hotline, it automatically routes the caller to their nearest sexual assault service provider.

Some details have been altered to protect the identity of the survivor.

This is part 2 of episode

Today's story is about Becki, a female survivor of rape. Included in this conversation is her husband Lloyd her husband, and her daughter. Please note, the definition of rape is a bit graphic which is inevitable when describing crimes so violent. Rape is forced sexual intercourse including vaginal, anal or oral penetration. Penetration may be by a body part or an object. Rape victims may be forced through threats or physical means. In about 8 out of 10 rapes, no weapon is used other than physical force. Anyone may be a victim of rape women, men or children, any sexual orientation.

I would like to welcome my guests, Becki, her husband Lloyd, and their daughter.

Jen

I am glad that you were able to return and talk. We left off the last episode, without giving away too many details, you were headed to the hospital. You were adamant about not going in the ambulance and you are in the vehicle with your parents with a police escort. Now that we're briefly caught up, let's continue where we left off.

Becki

We get to the hospital. I believe they had my dad pull up into an ambulance entrance. The police officer pulled in there and my dad pulled up behind him. We went straight to an exam room. From there bright lights, lots of voices and I don't have any idea what was asked of me. I was over 18 so I'm 99% sure that they hustled my parents out I think my parents were with the police officers.

They were starting the rape kit exam. It's horrendous, but it's necessary. I, by no means, would say not to do it. It's like a second attack. The shirt, which was left on, had to be taken off. I stood on a sheet, and then it was wrapped in that sheet because it was going to be evidence. I remember pictures being taken of my face because I had been hit by the object. TV shows like SVU, do a good job showing what a victim goes through during the exam process; the fingernails, the mouth, swab the nasals, and the internal exam.

At some point before I got on the table for the internal exam, this woman came in the room. I had no idea who she was. My recollection of her was kind of a hippie looking lady who had this peaceful vibe about her. She came over to me and said she was there for me and only me. She would answer any questions I had. I knew she was there for me.

She held my hand, talked me through the exam, what they were going to be doing, and it made a difference. I've spoken to people who have had the kit done and didn't have an advocate by their side. It's a world of difference from what my experience was.

I didn't call this person. I didn't know who she was, but as it turned out, she worked for the State's Attorney's office.

I had my mom there and she brought me shorts and a T shirt so I was able to leave the hospital in my own clothes. I left the hospital with my parents, and I went back to their house. I think I showered for about three months. It was the immediate thing that I did, I showered very hot and very long.

Jen

When you finally showered, did you cry?

Becki

There was as much tears as there were water in the shower. I was there until the water turned too cold to stay under anymore. I got into bed in my parent’s spare room. I passed out and fell asleep. I woke up several hours later and family members were there. Work was getting around the family of what had happened.

Jen

I have to image, after all that happened, you preferred to be alone?

Becki

I had no desires to see anyone. It was kind of like my family wanted me to bounce back as though nothing happened. It’s the day after Christmas and we had plans to go shopping, my mom, my aunt, and my cousins. It was something we did every year for the after Christmas sales. I remember my mom, my aunt and my cousin being like, are we still going? I was like, “I'm sorry, what?” I didn't know I could say no.

I don't think my family had any idea what to do. They had no idea the extent of what happened to me. They were in as much denial and shock as I was. I said, “Okay, sure.” I got dressed, got in the car with my mom, and we went to the mall. I think I lasted about 10 minutes. “No, this is not where I should be.” I told my mom to bring me home.

Jen

What triggers were you experiencing?

Lloyd

We learned a case like this is statistically rare, where it was a total stranger who basically targeted her and then executed the crime. It was hard because the perpetrator could be anybody. Like anybody! She didn’t see him. She didn’t hear a voice. Nothing. She had no way of knowing the dimensions, dark hair, light hair, it could have been anybody. It plagued you because you don't know. It messes with your head. The triggers were constant early on.

Becki

Months after the attack, some male friends who worked there too, thought it would be funny to hid behind the counter and scare me. I was the only one in the store at the time. I came around the counter and he jumped out at me. I literally unconsciously, punched him in the face. He said “Oh, I'm so sorry”. I said, “You can't do that.”

That people knew that something had happened to me. But we had kind of put the story out as someone had tried to break into my house and I was able to get out a window and get away because I had to go get police statements. And so there had to be something that had happened. But I was not disclosing to everyone the full extent of what had happened to me.

Jen

Lloyd do you remember the moments when you found out Becki had been hurt?

Lloyd

I don't remember. I know I was there and whatever I did, made a very lasting impression on her parents.

Becki

My parents didn’t know Lloyd. They saw someone with long hair and a Billy Ray Cyrus mullet, bleached out.

Lloyd

I wasn’t very impressive but whatever happened, changed their mind about me.

Becki

I appreciated instead of calling me or avoiding me or whatever, he called my house, and talked to my mother. “What do I do? What does she need? What can I do?” he asked. It was never about him. My mom’s not a super emotional person, but I remember her weepy every time she talked about what he said to her.

Jen

Lloyd, during this time you had moved an hour away.

Lloyd

Yes, I wasn’t living in the same town.

Becki

That first year was rough. I recall people telling me I was like The Walking Dead. They said, like all the light had gone out of me, basically fell into alcohol to cope. I wasn't even 21 Yet after the initial police investigation, and you know, me giving them my statement. They had fingerprints and they had my rape kit, but it was the 1990’s.

Jen

It sounds like you're saying with what you provided them, it wasn't enough, and they weren't able to catch him?

Becki

Correct. My dad went to work for a security alarm company, it was kind of becoming a new thing to put alarm systems in the average house. From that time on, until my father died seven years ago, it sort of became his mission. He put together a program with his company which gave security systems to women who were trying to get away from violent partners and/ or similar situation. It became his life's mission to save any other person he could.

Jen

How did your mom cope?

Becki

She didn't treat me any differently. She didn't coddle me. Honestly, that's probably what kept me moving on. I kept my job. It was just assumed I was just going to keep going. She was there for me if I needed anything, but my dad was much more my support if I was having a breakdown. I needed something which felt like I wasn't scarred, and my mom and dad never made me feel that way.

Jen

So that is what you needed?

Becki

Yes

Jen

That's great. Let's fast forward because your story has a lot of different parts, and we are not done.

Becki

I had gone through the first year of just surviving. The following November, I’m at a party and Lloyd showed up. We saw each other and we've literally been together since that night. This was 11 months after the attack.

We get married a few years later, and we have a child. Honestly what put me into the healing stage and influenced who I am today, was having my kid and becoming a mom. She's a cool kid. She saved me. Becoming a mom took me out of the trauma zone and it made me want to stop being as vulnerable and as easily triggered. I hadn't really put a lot of work into getting better. I saw a therapist for almost a year; dug deep and it was hard but it was amazing and it really put me on the path to keep going forward.

It has been 10 years since the rape and I still have no more of an idea who broke into my home that night, tied me up, and raped me than I did that night. Nothing. I was just learning to cope with that aspect of it. I had no choice. It was just this phantom, and it was there.

I was moving on with my life, Screw him. Our child was about a year old, and I got a call from the police. I pick up the phone, and they asked me, “is this so and so?” And I said, “yes.” And they said, “This is Officer so and so. And we're calling you about a case that you're involved in. This is something that happened in 1990.”

Becki

Everything in me dropped! I dropped the phone, I couldn't speak, it was just this blur of noises. I picked the phone back up and he was thankfully still there waiting to talk to me. He told me through a DNA match, they got a match. It still gives me goosebumps right now. It is amazing. It's life altering. Unbelievable.

By me calling 911, not showering, and going to the hospital it has lead to this. Back then it was 1990. DNA wasn’t really a thing. Thank the stars, they did this. I am so thankful for it because it doesn't happen as often as it should or could. I was asked to speak with the state's attorney, and was told the person who had raped me, had raped another woman. He had the same MO of my attack. Then when they ran the DNA, it was a hit. They had him.

Jen

Can you describe how you felt when you heard the news?

Becki

It was kind of a blur.

Lloyd

The thing I remember about it was it's every emotion that you can imagine, in one singular moment. It's disbelief. It is relief, but at the same time, a triggering event. After 10 years of fighting to basically put it away on a shelf, it is now in our face.

Becki

We believed I was never going to know. We focused on accepting that.

Lloyd

Unfortunately, it brings back a lot of the original feelings.

Becki

The triggers came back. The nightmares came back, but it was still empowering, to know they had him. I couldn't believe it. I kept thinking this was not real.

I went back and forth with the state's attorney and the police detectives who are now on the case. I had a victim’s advocate assigned to me again, by this time the victims advocate was like a real office and a whole group of people. Luckily for me, they had so much against him, there was nothing he could fight. His choice basically was if you wanted to fight it fine, but he would spend the rest of his life in jail because they had him on not only my case, but the case that had gotten him in jail.

Jen

How did you feel and what did you think when you heard he reaped another woman?

Becki

I wanted to find her and hold her because it was new for her. I guess he had gotten sloppier because as we'll find out, I wasn't the first and there were many before the 10 years was over. He started talking to people. The last person I know of that he attacked, recognized his voice. I believe and she knew who he was. That was how they had first gone to him, questioned him, and arrested him. They had done a DNA swab of him and matched it to her and then put it through the system and then found me.

I believe he had allocated to a total of five cases. I didn't have to testify because he made a plea bargain. Part of his plea bargain was he had to explain each case they had him for; give them evidence to explain how he had found his victims. In my case, when I had gone to Walgreens that night to get the laundry soap, he was in the store. He saw me and heard me talking with the cashier about how excited I was that I had the house to myself. He then followed me probably five miles. There was nobody else on the road, I never even noticed him following me all the way to my house. Now I if someone follows me for more than 30 seconds, I'm weaving into other roads. After he followed me to my house, he went and parked somewhere down the street and waited for me to turn my lights out. He tried to get in through the slider, but the stick was in the door, and it had stopped him. But then he found the window into the garage was broken, and he was able to get in through that. When he stepped in, he stepped on the dryer, and he hit the washing machine lid, and the washing machine lid fell. That was what I heard that night. To this day the sound of the washer machine lid falling is another trigger. I just get mad.

He pled to a sentence of 25 years. At the time, the law in the was a prisoner had to serve 85% of their sentence before they could be considered for good behavior or parole or whatever. I was told at the time he was going to serve no less than 19 and a half years. That was a guarantee.

Jen

So in 19 years, what year would that be?

Becki

2019. We go to the hearing, and he doesn't know me, and I don't know him. Other than the moments he saw my face in Walgreens, he had never seen my face. I had no interest in this man seeing my face. I did not want him to know who I was. I chose not to give an impact statement because I didn't need to. I could have done one and had the advocate read it if I wanted. At the time, I was too raw, and I don't think I realized how important an impact statement is.

They like had a row cleared out towards the middle which was reserved. We took up that row, the police officer, my dad, my husband, the other police officer; I had four big strapping men, sitting on the side of me. He came into the courtroom hobbling in his orange jumpsuit and chains around his ankles and wrists around his wrist. It was fabulous.

Jen

How old was the rapist?

Becki

Mid 30s, however when raped me he was mid 20s. When he attacked me, he just looked like an average dude. I'm sure his neighbors would say, “we had no idea he could be like that.” During the time of my attack, he was married to a nurse, and he had two young children. His wife would work nights, and that is when he would go out and stalk. I found out years later that he worked in the same mall as me, but that was not how he knew me. He was a traveling trainer for a fast-food company. He would travel around, set up stores and train managers and whatnot. I found out he had been a manager at this local restaurant where I would eat. Once I knew, I never ate there again. It was sort of like a protest, I guess.

He reads a statement to the court. It was written specifically to me apologizing, telling me it wasn't my fault. He was now a changed man and has found God.

Jen

As you're seeing your perpetrator, you're hearing him apologize to you. How are you reacting? Are you crying and did he know you were going to be in the courtroom that day?

Becki

Yes, he had been told I was going to be in the courtroom. He was told he could not speak directly to me and that I wasn't going to show myself in the courtroom. It was a full courtroom because other cases were going on that day. He walked in with the sheriff officer, walked up to the table, and faced the judge. As he came in the courtroom, he scanned it. You could tell he was look for someone; he was trying to find me. His face and his eyes went past me; they completely passed me. He had no idea who I was. It was such a powerful moment, because now he was the bug and I was the one with the magnifying glass. I was staring at him boring holes into his head, and he had no idea where the lasers were coming from. He had no idea where that energy was coming from. When he made a statement, he turned around again to scan the room. Again, he went right by me, it was a very empowering moment.

Lloyd

That moment is what she talked about the most after that day.

Becki

That moment shifted my mindset from rape victim to rape survivor. Now I would truly feel as a survivor. I think I cried. I know I cried when he was speaking, but as he turned around, I made sure there was no expression on my face.

Jen

Lloyd, how did you feel when you first laid eyes on the man who raped your wife?

Lloyd

I think that anybody can pretty much imagine that emotion. Not just me, but the company I was. You have that man DNA that you have no control over, but at the same time, I think we were all optimistic he was going to finally get what he deserved.

Becki

We thought we weren't going to have to think about this man for the next almost 20 years, at least. I walked out of that courtroom so differently because now, if someone looked at me or made eye contact or smiled at me, I could smile back, I can make eye contact back. I had not realized how those 10 years had continued to weigh on me in that regard. It freed up so much of my headspace which I hadn't realized was being taken up by just that alone. It was a big day. That was a big moment.

Jen

You leave court. What happens next?

Becki

For the first time in 10 years, in our marriage, and in my life, I just went on. I just lived. I'm not going to lie, I still had triggers. I still had panic attacks. I still have bad days, but it was such a turning point.

Lloyd

I think there was still a little disbelief because it had been so long. We couldn't comprehend what happened. It just happened.

Becki

Those 10 years prior, I didn't sleep at Christmas. Sometimes I would make my husband and I sleep in the living room. I couldn't sleep in a bedroom on those nights. By then, we had top notch security systems. I was secure and safe, but I still never felt truly safe.

I had my child now which made it a little tough. When he went to prison, she was 1. There was never a need for me to tell her. I was a little overprotective but wanted her to live freely. It got a little more difficult as she got older. It was a lot harder for me to let her go to sleepovers. She was thankfully very much a homebody, those first 10 years of her life. We were lucky that we ended up being the house everybody wanted to be at. We were the gathering place. We found out later that she had Asperger's Syndrome. We knew something was a little not the same with her. She wasn't diagnosed until she was 18.

She was a calm and quiet child. She liked to just hang with us and stay home but she had a big circle of friends. She was an only child.

Do you ever remember Christmases where I'd make you sleep with us?

Daughter

One of those Christmases I woke up and nobody was there. They were wrapping presents and I found out Santa wasn't real.

Becki

We got busted! Christmas nights I would either sleep in her room until I fell asleep on the bed, or she would have to sleep in our room with us. I could not be separate on Christmas night.

Jen

Did you ever wonder why? (daughter)

Daughter

No, not really. I just thought it was like, Oh, well, it's Christmas, so everybody has to be together.

Becki

When she was younger, I would keep her with me. As she got a little bit older, I would her go to her room, but I would stay with her.

Jen

Something happened. Something changed to where you went from not telling your daughter what happened to feeling that you had to tell her now. Can you tell us what happened?

Becki

Yes. Obviously, I knew someday I would tell her, but I had no plans of telling her when she was a preteen. The rape was not something I would ever use to say, “you can't do this, because this thing happened to me.” We just went about our lives. Lloyd and I would, of course, still talk about things. I would have good days and bad days. Do you recall, like breakdowns that you didn't understand or anything? (Daughter)

Daughter

No, I think you hid them well.

Becki

I thought he was going to be away for 19 years and weren't going to have to worry about it until then. Every year around Christmas, I would do a search and I'd be able to find out where he was. There's a thing called VINE. You set up your phone number, anonymously, of course, but you match to your case or your perpetrator or whatever. Any time this person is released or moved, or anything happens with them, you are notified. Throughout those 10 years, I got a few VINE phone calls, because they would move him from one prison to the next etc. We are about 10 years into his being in jail. I got a VINE call around 6:30 in the morning. They're telling me that prisoner so and so has been released, probation.. It was announced matter of fact. They were notifying me that he was leaving that day. There was not any warning.

I was just in shock. I had another 10 years before I had to worry about this. This can't be right? I called my victims advocate who I was still in touch with, and said, “what the heck is going on here? This can't be right!” She didn't even know about it. Nobody knew. It took her most of the dad and she ended up finding out he had been let out. Initially, they had made it sound like it was because of overcrowding in the jail, and good behavior and all this, but it ended up he had found a loophole.

He had attacked me in 1990. He had been arrested in 2000. So the law in 2000 was that he had to serve 85% of his sentence, but because he had done the attack in 1990, that law didn't exist in 1990. So, they used that to say he couldn't be held to the 85%.

Becki

He is a registered sexual predator because he is a serial rapist. Because of that he had received what they called a lifetime probation and he had lifetime monitoring. He had to wear an ankle bracelet for the rest of his life, non-negotiable, not an option, not something that he could change or get out of with parole. He had to have this monitor and he had to check in for the rest of his life. After they left him out, they explained all that to me; nothing I can do about it. There's absolutely nothing I can do.

My kid is about 11 almost 12. Lloyd and I talked about it, and felt I had no choice but to tell her because everything I had been free of was now taken away. I had to worry again; he was going to be out. He could decide to try and find me and end me or take it out on my child. I don't know. This man is the epitome of everything that is dark and evil. My ability to stay calm, was severely compromised. We sat her down together. I honestly don't remember what I said. Do you have any recollection? (Daughter)

Daughter

I think you guys were both calm. You said a while ago, this thing happened, and now he's going to be released. You had to tell me, and you didn't want to. I do think it was a very long conversation.

Becki

Yeah, we talked more about keeping her safe. We talked about we have a security system. Mommy always carries pepper spray. We always have our cell phones. We tried to focus more on the fact that we were safe and were going to remain safe, but that we had to be a little more diligent now. We had a code word. For example, if somebody came and said, “Hey, my mom told me to pick you up.” We reinforced that once a week. We'd be like, “what's the code word?” We tried to do everything we could to protect her from having someone approach her.

Jen

This question is for your daughter. I would like to know how you felt when you were your parents were telling you about the attack, how does someone that young process that information?

Daughter

I think it changed me a lot. I was in middle school at the time, and some kids don't know how bad the world can be. They make jokes and there were a lot of jokes regarding that kind of topic going on in my middle school. I didn't really use to pay them any mind, but as soon as I was told these things, it clicked how real things can be. From then on, I didn't laugh at jokes. I didn't talk to people. I didn't have male friends for a long time until college. My close male friends were gay. So yeah, it made me a lot more aware of the world.

Becki

She was always very clear headed, very logical. It made this part of the world a real thing. She's very empathetic. She's very much an advocate for survivors.

Daughter

I never experienced anything like this, but I still end up with the same symptoms of PTSD. I’m autistic, and that may be another part of the reason, but I can’t have anyone hug me. I don't really trust people easily and I'm always wary of doors and windows. I'm always thinking of the worst-case scenario. For example, one time me and my friend walked to the park, even though I didn't want to, and then it got dark. We went to a gas station and got slushies. The whole time we were walking, I was just thinking, how am I going to kill a man with this straw if they come up around us right now?

Becki

She finally had enough, and she called me and said, “I'm at this park, you need to come get me. “

Daughter

I had to pretend and say to my friend, “oh, man, my mom has to pick me up. Sorry.”

Becki

I flew into that park like a wild woman and threw those kids in the car and I went full mama bear.

Daughter

It changes the mentality people have of “oh, it couldn't happen to me.” For me, I'm always hyper observant of anything could happen to me at any moment and I need to be prepared.

Becki

It makes me mad because I had to shake my kids foundation long before I was ready to tell her that these things were real. I had to rip that blindfold off and be like, “sorry, kid, that stuff you see on TV, those jokes you hear, it’s real! The boogeyman isn't pretend. “

Daughter

I think at a certain level, I am glad I knew so early because I was able to kind of be the protective friend. If I was going to go somewhere with my friends, I always had in the back of my mind, how I was going to handle the situation and how I protect people.

Jen

This occurred 12 years ago in 2010. He was let out of jail. Where is he now?

Becki

He is now thankfully, back in prison. There were at least two or three instances where his monitor stopped working. They couldn't track him for like, one of them was 45 minutes and one of them was three hours. His story was that the battery had just died, and something malfunctioned with the battery. The monitor doesn't have GPS on it. It shows if he's out of range.

We fast forward again, now we're at 2018. I get another VINE call, but this time, he's in prison on the other side of the state. That's different because normally, he goes to a county jail for a couple of days. I’m given a contact name to call. I told him who I was. He explained to me, he had been caught in a sting on the other side of the state, where they were getting people who were working as unlicensed contractors. That is how they caught him.

It turned out he had been practicing as a building contractor, like a handyman, for at least a couple years. He didn't have a contractor's license because he couldn't get one because you can't get a contractor's license, if you are a convicted felon, sexual predator. He had to go on trial for that. He was in jail for about a year sometime in 2019 and because he's a lifetime parolee and a sexual predator, he also has to answer to the courts where his parole is coming from the rape charges. In 2019, early 2020, he went before the judge in the other county. That judge gave him 20 years for the parole violation, but with all of his time and the different things on that case, he was probably looking at 9 to 10 years.

Now he had to get moved to go before the district judge. The Assistant State's Attorney here said, “He has broken his parole time and time again, he's going to reoffend.” He's a serial rapist, he's a serial offender, this man cannot be free again. It became a court case; he got attorneys, and they were building this huge case. They were trying to get him off completely by finding a loophole. They wanted the bracelet off and to be free the rest of his life because he was a good man.

I am going to testify in court this time, I was going to give an impact statement. Because of Covid, the case kept getting pushed back. They tried to get him out of jail for health reasons.

It’s 2020 and enough has settled that they can have courtroom hearings.

Jen

I remember when the court process started, you didn't have to give an impact statement the first time. Now, this time you are given the opportunity and you want to give an impact statement. Can you explain to the audience what that felt like?

Becki

Of course, it was empowering. That's probably the word that everybody says. But it's true. I think maybe especially for me, because the first 10 years of my healing, I didn't know who had raped me. Back then, I wouldn’t have been ready to give a state. However, after almost another 10 years of living with him in and out of jail, I think I had rationalized my own feelings more by then. It’s going to sound weird, but I was anxious, and excited to be able to speak and have him hear it. To know he was going to hear my word. The aspect of standing up in front of him and facing him was daunting. That was the most nervous thing about it. I'd only seen his face a few times and I had made sure he didn't know my face. As scary as the thought was, I said to myself, “You know what, no! I'm not going to be afraid anymore to this extent. You're not going to keep me hiding. I'm not going to fade away.”

I was able to get up there and say all the things that I wanted to say and explain to the judge what he had done to me, not just physically but mentally. While I spoke about how it had impacted my life, my husband's life, my child's life, my parents’ life, my friends’ lives, his family just stood there and talked about what a wonderful man he was and how he did all these things for them.

Their description just does not go with the person who did what they did to me. I don't know, it's such a weird thing to say. But it was wonderful to have that power to really feel my strength. Probably the first time I ever really felt that strong as a survivor. A changing moment for me which made me feel more empowered to even be able to talk to you like this.

Jen

For somebody listening who is in a position where they are given the opportunity to give an impact statement, but they're scared, they're not sure if they want to do it or what to say, what would you tell them?

Becki

For me, I would say if you had any desire to do it, and you feel like it would make a difference, then of course I encourage them to do it. 100% . Depending on how their court system works, most will allow someone else to read the statement, whether it be an advocate or attorney. I know I was offered that, but I wanted to stand up in front of him physically. I could have had my advocate read my statement; she would have stood with me so I wasn't up there in front of anybody by myself. If you're at the point where you're able to give an impact statement and you want to release your voice, I absolutely encourage somebody to try and do that. It's going to help in your healing.

Through journaling here and there, I had written things to myself and written things to him. It's something you can do, even if you never get a chance to read it in court. I think making that impact statement, I learned much about myself and where I was now. It was really powerful!

Jen

I love everything you just said. Did it provide any type of closure?

Becki

Yes. Many times, you hear people say, oh, you know, the family needs closure, or the survivor needs closure. We know, as survivors, there's really no such thing. It's horrible to say, but the true closure will come when he's no longer of this world. That's probably harsh to say to some degree, but I mean, that's the truth. Any little other bit of empowerment or enclosure I can get, I will take it. The impact statement was a huge piece because he was hearing from me this time, it wasn't the judge telling him that he was going to have to pay for this. It wasn't the cops or attorneys or whatever. It was me, my words, my voice where he had taken so much from me, virtually destroyed, whoever I might have been on the path as a 20 year old.

32 years later, I'm proud beyond words of who I've become and the family in my life. I'm super happy. I wouldn't take a second of a back even the attack, because it got me too here. I have no regrets for the life I'm living today. For me 100%. It was as close to closure as I could feel in that moment.

I went by myself that day. My victim’s advocate was there, but I gave the statement by myself. I had friends who would have gone with me, Lloyd would have gone with me if I had wanted him to. But I wanted to do this myself.

Jen

What was the outcome?

Becki

He was sentenced that day. They sentenced him to 40 years. He broke parole so many times that if and when he gets out again, if he breaks his parole, it’s an automatic life sentence. No court,

Jen

If I stopped the tape right now and ended with three words, they would be “to be continued”, because this is not over for you.

Becki

Unfortunately, at some point, his appeal will be heard, and he could, in theory, get his sentence overturned. I was assured that it's very unlikely. At this point, until he is dead, I'm not free. Right now, he's in prison so I'm okay. I check in periodically, to see where he is located. I probably will tomorrow because it's fresh on my brain and we've talked about it. It reassures me where he is.

I'm just waiting for the next call from VINE. When that call comes through, we start the next phase. If it's not the call that he's dead, then I see what they have to say and go from there. As you've probably noticed in this conversation, I haven't really cried. When we're done, I will shake and cry, but I don't react while I'm talking about things. It gets me after. I’ve been yelled at in groups by people because I don't cry. It's just how I cope, I guess. It's an everyday thing.

I have tried to turn this life experience into advocacy. I volunteer with a couple of local centers here. People need to know what really happens, and they need to know that you get through it, and you survive it. I am so thankful every day for the people that have helped me and been by my side and continue to be. Some of those people are law enforcement, some of those people are therapists, and some of those people are volunteers. It truly takes an entire village to get through this.

I know there are so many people that are not comfortable talking about what has happened to them and what they go through. There is shame and blame, and why didn't you do this different? What were you wearing? Why did you talk to that person? Why did you get into that person's car? I can talk and I get people to go, “Oh my gosh!” I get the automatic sympathy, where I think a lot of other people will get a raised eyebrow, people are saying to them, “Well, what could you have done different?” That's not right. That's not fair. If I can be a voice for how it is, I'll do it. Every victim gets a life sentence. The perpetrators sometimes get nothing. They just go on with their lives.

Jen

As a survivor myself, the repercussions do not just affect you, they affect your family, your community, what advice would you give to another family who is dealing with some sort of tragedy or trauma?

Becki

Wow, I guess I would say honesty, talk about it. Keep that communication open. As the survivor, if you're having a bad day, just say it's bad day, or I just need a minute. Tonight, I got to go to bed, or I got to go take a bath. I just need a minute.

Support for the the secondary survivors, which is my husband, my child, my father, and my mother, I try to remember to support them, too. I went through a lot of my older journals in the early years, and I have some things where I wrote that Lloyd didn't want to hear about it anymore. I said the same thing repeatedly (and that's nothing against him) I was going thru a lot and it was wearing on him. Seek help from counseling, find people to talk to. What would you guys say from your aspect of it?

Lloyd

Everybody's situation is different. I just keep going back to the same things that it's a bad attitude that we have in our society towards things like this. Even within family, you're going to have elements of that family who are the “get over it “people.

Becki

I have plenty of family members that say, “ I can’t believe you still deal with this, I can't believe you're still have to talk about this.” It was such a shock to them, that it is still part of my life. It's something, every day, I get up and I am a survivor.

Lloyd

I would have to single out the survivor, they need to follow their heart to wherever it's going to take them to get through it. If they're not getting what they need from their family, they need to go where they're going to get it. Sometimes the answer isn't in the home. You must have understanding, communication and listening. Seek counseling, don't be ashamed. Seek help.

Again, none of us asked for this and when it happened, you’re essentially dealing with children. My wife and I were children.

Becki

We were legally adults, but still kids.

Lloyd

I was the right person for her, she was the right person for me.

Daughter

I think what I would say is there's no shame in not laughing at a joke that's offensive or not funny. There's no shame in not wanting to go out. There's no shame in talking about it or not talking about it. There's no shame in becoming an advocate, being super loud and talking about it constantly. There shouldn't be any shame in that. It's important. If there's a family member who feels like they don't want to speak out about it, or they're fearful of what other people might think, don't have any shame in standing up for it. There's no shame in breaking down and feeling sad. There's no shame in crying, and if you feel triggered by something, there's no shame in feeling those feelings again and going through them. If you must cry in front of strangers, it’s ok. They will forget about it in a day.

One more piece of advice…get a dog!

Becki

We adopted a dog who was an abused rescue. He is very reactive. He's not good with people but he is crazy protective of her. I will say her having that dog helps me sleep at night.

Jen

Becki, Lloyd and their daughter, thank you for being my guests.

Becki

Thank you Jen. We really appreciate it. You're taking the time to talk to us and to help us tell our story, maybe will help someone else. We really appreciate that and what you do, thank you.