Welcome back. This is Jen Lee, the Creator and Host of, I Need Blue podcast; Survivors Talk Surviving. Visit www.ineedblue.net

Please note, I Need Blue does 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 online dating, assault and 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 one 800-656-Hope. When you call this hotline, it automatically routes the caller to their nearest sexual assault service provider.

In 2020, 270 million adults used dating apps worldwide. This number is set to continue growing as the volume of 18- to 29-year-olds joining dating apps to meet romantic partners is increasing. In the past, I used dating apps. It was convenient and interesting to say the least. I wanted to believe people's intentions were genuine when they said they were looking for love or a relationship. I wanted to believe it was true.

Kristen believed the same things. As a college student it was common for her friends and her to use dating apps. It was an easy way to find local people with mutual interests. Women aged between 20 and 29 are still more likely to be assaulted after meeting offenders on dating apps. According to the NCAA National Crime Agency, they account for 40% of survivors of this type of crime. Kristen became a part of this statistic. She met someone on a common dating app who sexually assaulted her for hours. She is here to share her experience and provide the red flags leading up to the assault. The details, at times, are hard to hear. But many women experienced this and feel too ashamed and afraid to come forward. I've had the opportunity to get to know Kristen, and she is a brave woman and a friend.

*Kristen:* 3:51

Thank you for having me, Jen and providing me an opportunity to share my story today. I'm really excited for your audience to hear.

This happened back in 2017. Usually, most people who are on dating apps have profiles on multiple ones. The goal of dating for me was to find the right person who I can connect with ultimately leading to a good relationship. I wanted to be happy.

5:09

My story, it's more of a precautionary tale. I'm not saying that dating apps are bad by any means. I met my boyfriend of 4 years on a dating app, even after this experience. The challenge with online dating is there's not many red flags when you start dating someone online. Even with people who seem relatively normal, there's not always that flashing red sign like, "Hey, you should be worried. I'm a threat of some sort." Someone can appear good looking, nice, they might look exactly how they say they look; they might be exactly who they say they are, but it doesn't mean that they're going to respect you.

6:08

I'm the helpless, romantic type. However, you should listen to your gut. With my situation, I texted with the guy for 2 -3 days. I had a major college homework assignment, but I said to myself, "how am I ever going to meet someone if I don't go out on dates?" So, I invited him to go to dinner with me that night. Before arriving, I texted him and explained when I invited him up to my dorm room, it wasn't for anything sexual to happen. " I don't want anything sexual to happen tonight. I just want to get to know you and I'm making my boundary clear." I was clear about my intentions. I saved those texts which proved beneficial later on.

He called me when he arrived and was sitting in the parking lot. It was cold and raining outside and I invited him up to my room. Keep in mind, it's normal when you're in a dorm room to invite people into your room to hang out; gender didn't matter. It's not uncommon for a first date, either. Many of my friends have done it and it turned out fine.

*Jen:* 7:22

Were you alone in your dorm room?

*Kristen:* 7:25

Yes, I was alone in my dorm room. He came up and I offered him my chair near my desk. I sat in my chair working diligently on my laptop and apologizing for making him wait.

*Jen:* 7:48

What's your first impression of him?

*Kristen:* 7:53

I thought he was handsome. He was physically attractive to me.

*Jen:* 7:59

So what you saw online matched what he looked like in person?

*Kristen:* 8:03

Yes and he seemed very friendly. He wasn't aggressive. He stood for an hour and a half which gave me a false sense of security because I thought he was being respectful. He stood a few feet away from me, so he wasn't in my bubble. We were having a decent conversation.

*Jen*

How long after the initial texting did you meet in person?

*Kristin*

We met a few days after starting to communicate. He lived close by and said he was going to have to go out of town or be unreachable for a while because of his job. It felt more like, Oh, if I want to see him on a first date, I needed to do it sooner rather than later. Even then, I wasn't thinking that was inherently pushy; I didn’t see any red flags until about an hour and a half or two hours into the date itself.

I finished my homework; we were talking and planning to go to dinner. While still in my dorm room, he asked if he could kiss me. I didn’t find anything wrong with a kiss. During that time, I found the kiss to be romantic. I'm thinking, he likes me. That's great!

10:56

He started getting pushy and asking if I liked having anal sex. He started asking personal questions about my sexual life and stuff. Then he asks if I want to do oral sex. I felt very uncomfortable, trapped, and things quickly headed downhill.

*Jen:* 11:38

Can you explain what's going through your head? I imagine your heart is racing?

*Kristen:* 11:48

Thinking about it gives me goosebumps. Many people I know including myself, are people pleasers. We inherently want to make the other person happy because I'm a good person and I care about this other person's feelings. I started questioning myself in how to handle this situation. Do I be polite? Do I reject them outright?

I didn't have much self-esteem which made it harder for me to stand up for myself. Even though I was uncomfortable, I'd answer his questions. "Well, have you ever had anal sex? Would you have anal sex?” he asked. I said, "Absolutely not. It's not something I'm interested in." I did have enough confidence and self-awareness to say what I wanted and didn't want.

When he started being pushier about it, in terms of starting to take things vs asking, that's when I froze and didn't know what to do. I was only comfortable enough saying "no" and while I didn’t want things to progress, I wasn't able to fight back or push away.

*Jen*

Were you afraid if you would have said, " I'm not comfortable right now. I need you to leave" that he would get mad?

*Kristen*

Yes. I was being very clear with what I wanted to the point it could not have been misinterpreted. I was saying I didn't want anything sexual to happen tonight. I said that earlier, before he even got there. I was straight and to the point. Fear started to set in. I was wondering, is he going to hurt me physically, if I do not comply?

It was weird because he's asking what I want but ignoring what I want anyway. It's like the illusion of having a choice when you seemingly don't. I feel like many women have been in this situation where you feel pressured. You get to a point where you think, "Okay, fine, whatever, I'll give in a little bit, because if this is the way I can get you to go, then fine."

It's terrible and a terrible situation to be in. It's a hard position to be in because you’re trying to do self-preservation and survival while not knowing how this person will react if they are rejected. They are already not listening, and you are afraid to push the rejection. I wasn't happy about doing anything sexual; I didn't want too. I did say “no”, originally, but at some point, I gave in to "get it over with in hopes he would leave."

*Jen*

You consented in hopes he would be happy, leave, and you wouldn't have to come out and say "no" in fear of escalating the situation and ending up ever further into a place you didn't want to be?

*Kristen:* 15:11

I never wanted to have penetration or sex of any type that night. When you’re in that situation, you are afraid they're going to do something even worse to you. You start weighing out your decisions. "Okay, that won't be so bad. It's only 1 step up. You make these decisions with the hope that'll be enough, and they'll go away.

*Jen:* 16:01

*What if the feedback you get from sharing your story is I completely understand what she's saying, I get it. I've been there. I feel it. How would that make you feel?*

*Kristen:* 16:13

It would make me feel heard and understood. As I tell you this story, I feel a lot of shame and guilt, even now, and I shouldn't feel this way. It's not my fault. I shouldn't feel shame and guilt, but I do because this is something people don't talk about because it's inherently shameful. Your perceived mistakes in this are shameful. It's not necessarily "I think I made a mistake?" But other people think I have.

I've heard a lot of people say, "why didn't you do this? Why didn't you do that? Why do you let him do this? Why do you let him do that?" There's a lot of questions that survivors get asked which make you not want to talk about it. I have a lot of shame in sharing. I'm putting myself out there because I want to make a difference in others’ lives.

My whole experience, I didn't feel like anyone understood me. I felt so lonely. I felt isolated, and it makes you feel terrible about yourself. The guilt I was telling you about, Jen can eat you alive if you let it. You can blame yourself forever for a trauma that happens to you, even if it's not your fault. It's not the survivor’s fault. You didn't ask for this to happen; it's the other person’s fault.

This is my first time publicly sharing my story. Many people know I've been assaulted, but they don't know the story behind it. They don't know that this is someone I went on a date with. They don't know what I went through after. Those are hard facts.

*Jen:* 18:51

Can I go back to the night of the attack when you all are still in the dorm room. He's asking you questions which are making you obviously very uncomfortable. What ultimately happened?

*Kristen*

He coerced me into doing oral things, which I wasn't thrilled about. I didn't say no, in hopes it would make him happy and he would leave. I was in a awkward and dangerous situation. I needed to get out. I'm thinking "I'm never going to talk to you again. I'll never see you again." Ultimately, that is not what ended up happening.

After he was done with the oral part, and ignoring everything I said prior that night, he went for it. I'm laying there crying and feeling terrified. I can't move and I can't speak. I tried but my body was in the mode where you want to scream, you want to cry, and you want to do a lot of things, but you're stuck. In your mind you’re screaming "no" but your body just won't. There's nothing happening. You're not making any noises. You're trying to talk, but you can't talk. It just feels like you're trapped within yourself, and it's terrifying.

I find survivors understand this "freeze" reaction. However, it is hard for people who haven't experienced it to understand. I don't find a lot of people on the outside who understand me which is why I don't talk about it with many people that are close to me. They don't understand my thoughts and reactions. I'm hoping after I talk about it like this, hopefully I can get through to them. At the end of the day, I'm a human that said no and was violated against my will. At the end of the day, that is all that matters.

*Jen:* 21:50

What happened next?

*Kristen*

He asked if I wanted to get dinner, which shocked me. It's just a confusing situation. I was feeling confused because even when he was assaulting me, I was thinking, "what did I do to make him think that I said yes to this?" You're trying to rationalize it in your head to make the situation better, otherwise you're having to accept being violently assaulted by someone you barely know. It's literally the worst feeling imaginable because you feel helpless and you feel hopeless. There is no one there to save you. It's just you. You feel powerless because where you should have had power over your own body, somebody came in and literally just took all that power away from you.

*Jen*

Did you go to dinner?

*Kristen:* 23:23

Yes. I did. My brain registered this as the way to get out of the situation; it was the way out of my dorm room. I did not want to be in that dorm room anymore. I didn't care if it was with him or not, I did not want to be in that situation. I didn't want to be in the bed. I did not want to be anywhere near my dorm room. I wanted to get out.

*Jen:* 23:50

That makes complete sense. Also, it gets you into a place where there's more people and you're not alone with this monster.

*Kristen*

Yes and that is what happened. We did go out to dinner. At that point in time, I was thinking in my head, "maybe this isn't as bad as I'm making it out to be and if he talks to me at dinner, it'll get better and then I'll realize I like him, and it'll be fine." You don't want to think that you've been raped on your first date with someone. That's the last thing you want to go home and think about. You're trying to make sense of this by saying "okay, maybe I'm overthinking it." You're looking for a cue from him to validate you. Inside you are really wanting to believe that he did not just sexually assault you; that it meant something to him.

We didn't talk in the car on the way to the restaurant. He played some music in the car and he's vaping. We get to the restaurant and he's watching basketball on TV. It's Easter night about 10PM. There was hardly any conversation.

*Jen:* 25:13

So you're at the restaurant, he pays the bill, you leave. You go back to your dorm room?

*Kristen:* 25:22

Yes. Through dinner I was able to process what he did to me, and think about how to get out of this scenario? I realized in that moment, no one's going to believe he sexually assaulted me because I left with him and went to dinner right after. No one's going to believe this happened to me. I just wanted to go home. If the night ended there, if he would have just dropped me off at the dorm room, I wouldn't have reported the rape. I wouldn't have told anyone. I would have thought it was my fault. But my story doesn't end there because this is someone who knew what he wanted, and my opinion did not matter at all. This was going to happen, regardless of what I thought.

I knew on the way home; I did not want him back up there. I felt sick because I was finally processing it. I was traumatized. I'm realizing I'm still with the person that did this. On the way home, I texted my roommate to see if she was there. I was looking for help. He asked me if my roommate was going to be there and I said, "I don't know." Internally I sure hoped she was going to be there. When we arrived, she wasn't there. We get back to the dorm, " Okay, well, I feel sick. I'm not feeling good. I have a big assignment tomorrow; I really need to go to bed" I said. I figured when I told him I was sick, he would leave. He wouldn't want to come up.

He asks, "Can I stay over?” I said, "No. I don't want you to stay over," He says," Well, I still have my stuff up in your dorm room." I didn't know what to say at the time. I said, "Okay, fine. You can go your stuff. He came up and got his stuff. He started assaulting me again.

It started with kissing. I was not into it, and I kept trying to push him off. He tried choking me, he'd slapped me. He didn't take "no" for an answer and continued. This lasted for 5-6 hours.

He made me get in the shower to clean off evidence. I said, "I don't want to." "We're going to go get in the shower." he said, " I don't care what you want."

I just thought he'd leave. What more can someone have in them?

This leads into the hardest part of my story to tell. After everything, I felt beaten up and degraded. Honestly, just ruined; I felt ruined. I didn't feel like I was even a person anymore. Nothing mattered. I felt objectified, sad and depressed. I felt like I didn’t matter at all. After the shower, I'm laying in the fetal position and sobbing. I'm crying into the pillow. He's still in my dorm room. I'm crying into my pillow in the fetal position, and I feel him get on top of me. At first, I was like, is he trying to comfort me? Is he hugging me because I'm crying and sad? Even in that moment, you still want to think someone's a good person or at least has some heart. But what ended up happening is that is when he started to anally rape me and that was the worst. The whole night was terrible, but that was the worst.

Every time he entered, I felt it. I felt like I was dying every single time. It felt like a piece of me just died every time. It really felt like that. I didn't know how I was going to survive after that. During this, I'm laying there thinking I don't even want to live anymore. As he was doing it, I didn't want to live anymore. I thought this was the end.

I didn't think he would kill me, but I thought I'd kill myself at the end of this because I could not fathom having to live with the memory of what he was doing to me. I was emotionally raw, emotionally numb.

I didn't realize what he was doing to me until it started hurting. I didn't realize what was happening until then. And then at that point, he wasn't trying to comfort me, he was just doing it again. But this time, even worse, because that's the most utter sign of disrespect. He asked me multiple, multiple times about anal sex. I repeatedly said, "No." I never wanted that to happen to me. Never!

*Jen*

Did he say anything to you while he was doing that?

*Kristen*

No. Later in his written statement, he said it was 90 seconds. For me that minute and a half felt like an eternity. It's hard accepting the fact he could recognize things like how long it lasted, but not recognize my feelings. He could not remember me saying “no”. He just ignored me and kept going because that's what he wanted to do. He didn't have any regard for my feelings whatsoever.

*Jen*

After the third assault, did he finally leave?

*Kristen*

Yes, he finally left. Nonchalantly he said," Well, I have work tomorrow." He used one condom this entire time he was raping me, so most of it was without protection. As he's leaving, he literally takes another condom out of this box he brought with him and throws it at my face and tells me I could use it on the next guy that comes through. He leaves.

*Jen*

I'm sorry that you went through that.

*Kristen:* 33:11

The next day, I didn't know what I wanted to do. I didn't think that anyone would believe me. I was so traumatized and scared, but I realized I couldn't let it go and not tell anyone. I told my friend the next morning. I told my mom the next day and we went to the hospital. I got the rape kit, which was traumatizing. They swab every part of you and take pictures. They use this flashlight to light up where evidence is and you just feel like your whole body is a crime scene. They take your clothes, your bedding, etc.

*Jen:* 33:55

I've heard that, but it's worth it.

*Kristen:* 34:00

Yes. Coming forward was worth it even though I didn't get the results I wanted. All I wanted to do was keep living up until that last part of the assault. I wanted to fight but I thought he would kill me or hurt me, or I didn't know what was going to happen.

*Jen:* 34:36

I want to take a couple of minutes to talk about what happened to him and what did not happen to him. I want to spend more time talking about the PTSD you have, and how you are coping. There are many sexual assault survivors that may be stuck and don't know how to go from being the victim to the survivor. They don't know how to talk the first step.

*Kristen*

My mom drove me to the police. At first, I did not want to go, but I'm happy she did that. During that time, I wasn't thinking. I was still processing my trauma. I wasn't thinking about what I wanted in the future. I didn't even think I wanted a future.

*Jen*

You talked with your campus college police?

*Kristen*

Yes. They were helpful and they believed me. I had two detectives that believed me the entire time. They were able to make me think there's good people out there, and especially good people in law enforcement who try to do their best for you. They talked to him shortly after I reported the rape and they got a confession out of him. He said he got so in the zone that he didn't care or listen to what I wanted.

*Jen*

So you have this confession? Did he end up in jail?

*Kristen:* 36:56

No and it is surprising because in his written statement, he wrote me a letter of apology. He said, "I heard her say, Stop, but I didn't listen, I kept going. I took something away from her that I can never give back. I'm sorry, I won't ever do this again."

*Jen:* 37:20

How did that make you feel?

*Kristen:* 37:22

Torn. It is a mixed bag because you have some feelings which are happy because they somewhat recognize they did something wrong, and they are displaying a certain amount of accountability. What I will say from firsthand experience, having an apology doesn't make it better. It hurts the same; I still feel very hurt. The apology statement and evidence went to Grand Jury. Grand Jury is where they're trying to see if they have enough evidence to move forward to an actual trial. They said they didn't.

He walks today as a free man. There's no criminal record. There's not even an arrest record. His DNA is not in system. If he were to rape someone, there's no evidence that he raped anyone prior.

*Jen:* 38:31

Are you afraid that you will see him again? Or he will find you?

*Kristen:* 38:36

I'm more worried about him hurting me but hurting someone else. Rape is a life sentence for the survivor; you don't forget what happened to you. I've had a lot of therapy, and it's helped me to live a productive, happy life. You can't forget, but you can get past it. You have to kind of come to terms with the memory itself to be able to move forward, which sucks. It is a painful thing to do.

*Jen:* 39:25

I appreciate your courage. I know you're excited to have the opportunity to talk about where you are today.

*Kristen:* 39:35

Yes! My boyfriend is probably the most amazing human on this planet because he met me while I was still dealing with a lot of my PTSD issues. He has never looked at me any different; he's always loved me for exactly who I was. I used to be afraid I'd never get any better and he would tell me, "even if you were like this the rest of your life, I'd still love you." As a survivor that relationship makes you feel loved and cared for because you don't feel like damaged goods anymore.

*Jen:* 40:30

How long did it take you to start dating again? And did you choose to go back to a dating app?

*Kristen:* 40:41

I did go back to dating apps because I don't think I've ever associated the app being the problem. I didn't think it was the dating apps fault, but I took different precautions going forward. Always meet in a public place on your first date because that is what is going to be most protective to you. It took me about five months before I was able to date anyone. I had many intimacy barriers such as not wanting to be touched. My brother and my dad would hug me, and I would cry after they left. I felt terrible because those are people that love me. But because it was a man, it triggered me. It took a while to get over the triggers of physical touching, even a hug. I struggled when I met my boyfriend.

*Jen:* 41:59

What was the moment where you stopped feeling that?

*Kristen:* 42:02

I think it was a collection of tiny moments. My thoughts would be, I didn't think about it today, I didn't immediately wake up and be like, I'm a sexual assault survivor. I didn't have an intrusive thought or have a panic attack or something. As the days kept going, the frequency of the thoughts lessened.

Before you know it, a few weeks went by and then a few months without these triggers. Therapy helped. I did what's called Cognitive Processing Therapy, where you take your thoughts about the incident, and break it down into logical reasoning. For example, "man, I should have not gone to dinner." Break it down and attach the logic to it. "Okay, well, you were already traumatized. You weren't thinking right. You were trying to survive." Once you start thinking that way, and taking your trauma apart, it helps you come to a place of acceptance, and you're able to let go of the guilt and shame that you feel surrounding the incident. It's been a great transformation because I'm happy. I'm very happy with the person I'm with.

*Jen:* 43:33

A piece of advice for anyone dating, leave a note in your apartment with the name, the phone number of the person you're going out with, where you're going, and what time you left or whatever. So that way, if something happens, somebody has a clue as to what is going on. Simply leave a little note.

*Kristen:* 44:15

I would share my location with my boyfriend wherever I was. If I was getting a ride from someone like an Uber, I'd be sharing my location constantly. I tell someone, hey, I'm going out with this person.

*I Need Blue LLC:* 44:33

Absolutely. You never know who you're going to meet, good and bad. Can you talk about why it's important to listen to your instincts?

*Kristen:* 44:40

Even before I went on the date, I had a feeling like something doesn't feel right. But instincts are a feeling where you didn't have something visible to tell me otherwise so I proceeded with the date. Sometimes your body just knows. It's like a subconscious thing that happens. I think it's important to trust your inner instincts, because your body and mind picks up more than we realize.

*Jen*

How can other sexual assault survivors find happiness?

*Kristen*

If you have the access to therapy, I'd highly recommend it. If you don't, find a good friend. Be open to feeling pain, as sad as that is to say, you have to go through the pain to get over the pain. To work through it, you have to think about the memory in order to take control of it so the memory doesn't control you anymore. For sexual assault survivors, once you can control the memory and not have the memory control you, that's where you find healing and happiness.

*Jen*

In other words, you're taking the power back.

*Kristen:* 46:29

Absolutely. You're taking the power back.

*Jen:* 46:31

For somebody who has a friend that has disclosed they are a survivor of sexual assault, what should the friend do with that information? How can they help?

*Kristen:* 47:05

Listen; don't pry too much. A survivor will open to you about the details they're comfortable with sharing. The biggest thing is don't judge. You won't understand parts of what happened, but you must put all the questions and accusations to the side and just focus on the person's well-being. The simple fact is this person has been violated and chose you to listen and support them. They will have enough other people asking them those questions that you're thinking. They will have the police asking them questions. If it goes to court, then you have defense lawyers and prosecutors.etc.

*Jen:* 48:41

If you tell a friend and they don't make you feel supported, maybe they make you feel guilty or bad, is it okay to distance yourself from them?

*Kristen:* 49:02

Absolutely. You need to do what's best for you during that time. Your friend might not understand but for your own mental health it's important. I understand, I've had situations where I told someone, and they weren't as supportive as I would have hoped they would have been.

*Jen:* 49:21

Aside from therapy, have you gone to any groups like maybe a Facebook group, or a local group of women who had been sexually assaulted?

*Kristen:* 49:30

I've gone to a few local groups. I haven't gone recently. You must be in a different headspace to go to one. I would not suggest that for someone who's recently traumatized because as much as you want to feel like you've had someone that understands you, listening to someone else's trauma can be very traumatic.

*Jen:* 49:55

That's a great point.

*Kristen:* 49:58

Also you find yourself comparing. Everyone has their own trauma and just because someone was more physically hurt than you, it doesn't mean that you hurt any less. There are different challenges that come with everyone's individual traumas.

*Jen:* 50:15

It is your trauma, and you must go where you feel most comfortable working through it.

*Kristen:* 50:34

It's a very personal decision about what you want to do, and what justice looks like to you. It's your decision. I'm happy my mom didn't force me to make that decision to file a report. She drove me there but didn't force me. The police said, "If your uncomfortable, it's okay. You don't have to go forward with this." They took my statement. You need to give the survivors the control in the situation and in what happens with their trauma. If you force them to fill out a police report, or you yourself fill out a police report, and things start moving in a way in which they did not consent to you, they're just going to feel traumatized again.

*Jen:* 51:24

So your mom driving you to the police department was a show of support and not force.

*Kristen:* 51:31

Yes, she did explain, "you don't have to do anything now. I'm going to drive you there, but it's only so you that you'll have options in the future. It's not because you have to do anything." Because she said it that way, it felt okay to me.

*Jen:* 51:54

I appreciate you sharing your story.

*Kristen:* 51:58

Remember, even though you can't see the light in the tunnel, it's going to eventually come. No matter how trapped, stuck, or how far down in a dark place you are, you can always come back. I truly believe that. I just hope that if you're a survivor, you'll reach out to RAINN or reach out to friends and family and those who love you. I may never meet any of you, or ever get to talk to any of you who might be going through this, but understand, I grieve, and I feel with you for your trauma. I just hope you know you aren't alone. There is a way to get through it. I promise that things will get better.

*Jen:* 53:08

What do you want the listeners to take away from today’s episode?

*Kristen:* 53:53

I'm composed now because I’ve been in therapy dealing with my emotions after the assault, ever since it happened in 2017. I'm fortunate enough to have the help and the resources I have needed to get through this. This is the hardest thing I've had to do; even sharing my story is not easy. It's not something you're proud to share, but it's something important you share because there's someone else hurting. I want people to hear it from all perspectives.

I want my story to help people better understand what sexual assault survivors go through, and some of the thought processes you have.

I want survivors to know they're not alone.

I want people who haven't been assaulted to step up and be more of an advocate for survivors because it's hard for people like me to come forward and talk about it.

I've had many people ask me, "When he first started to assault you, why didn't you scream? Why didn't you run? Why didn't you fight back?" Your body does not process things as quickly as you think it does. People like to believe they will do a certain thing in a certain situation, but that's not how your body works.

*Jen*

Everything happens fast and time stops. Life becomes a series of of events.

Kristen, thank you for being my guest today!