



This is no tale of sorrow nor grief rather a tale of victory which sorrow and grief lead me to my freedom. I now understand that trauma can be useful to set events into motion for productive purposes when one is severely traumatized as the human mind operates subconsciously out of habit most of the time. The trauma caused me to wake-up but not after many years of destroying my life with suicidal behaviors such as domestic violence, criminal activity, and alcohol abuse.

For most of my adult life, I was rendered emotionally paralyzed by what I did not understand until recent to be my being stuck in a state of hypnosis brought upon by extreme trauma of all sorts going back to childhood trauma. My will to live and survive was greater than the shackles placed upon me by society, maintained by a highly toxic and dysfunctional family unit, and used for the personal advantages of family, so-called friends, and romantic relationship partners; none of this is unique to me rather this is a systematic environment of the society we live. I must admit there's degrees to trauma and some things leave a more negative long-lasting and sometimes a permanent impact than other traumatic experiences. Although trauma was inflicted upon me, I learned I don't have to live a life of victimhood.