

February 5th, 2023

Honorable <Judge's Name>  
<Judge's Title>, <County>  
<Court Street Name>  
<Court City, State, Zip Code>

Your Honor,

My name is X, and I am asking your help in stopping a cycle of violence as I escape my abusive marriage. For many months, I have been subjected to mental abuse at the hands of my husband, X and his mother, X. I was able to liberate myself from the situation and have been seeking a new, stable beginning for myself ever since. This is why I respectfully request your support in my divorce from X. Additionally, I request your ordinance for X to return my personal valuables being held in the UK.

I am an independent and ambitious Canadian citizen who graduated with distinguished marks from X University. Despite the promising futures in store for me, I chose the role of a devoted wife. X and I got married on September 9th 2021 in Islamabad (Rawalpindi), Pakistan. On October 14th of the same year, I moved to the United Kingdom with X and his mother, X. I worked hard to be a loving, thoughtful, and loyal wife for a long time. I was optimistic about my future in this family to the point that I never wanted a divorce. I believe in working on a relationship, even during hardships. However, the emotional and mental abuse delivered to me by X became so unbearable, divorce became my only hope for survival.

I had an unfortunate miscarriage in November of 2021 and had to have an urgent salpingectomy in Morriston Hospital, Wales UK. This event left me physically and emotionally drained, which X and his mother made worse as they began to gaslight me. X began talking negatively about my own family, and forced me to distance myself from them. The loneliness I felt after that was insufferable, but it was made even worse as I began to be ignored by my new family.

On multiple instances, X and his mother would travel to a destination and leave me alone. I was also in great physical pain due to the stitches left from the surgery, which X and his mother intensified by forcing me to do physical household labor. X was able to manipulate me because he would use my personal devices without my permission. He would read through my phone and laptop and use that information to govern what I did. Even worse, when I was under the influence of post-surgery methotrexate, X would take photos and videos of me and tell others that I had "seizures, mentally unwell, cannot have children and is cursed". Despite all of this, I thought of all his abuse as love because of how much I was isolated. I thought he was my "happy place", because that's all I was exposed to.

On June 2nd, 2022, I went to Canada to see a doctor about my condition. Being a devoted and loving wife, I did not want to leave X. But, he insisted I would be able to return home after seeing the doctor. However, once I arrived in Canada, X told me that I was unwelcome back home. On June 10th I attempted to return to him, but I was refused entry. X threatened an Islamic divorce, which I did not want. I stayed at a hotel where I was finally granted some freedom, but remained devastated and heartbroken. When I attempted to retrieve my personal belongings from the X apartment, I was denied access. I was humiliated and left without my possessions. X eventually returned some of my belongings, but there is still a great sum of them at his residence.

Domestic abuse isn't always physical. Coercive control is equally harmful, as this involves a pattern of assault, threats, humiliation and intimidation or other abuse. Regardless of the type, abuse is meant to harm, control or frighten a victim. I was a victim of abuse at the hands of X, and his mother, X. Despite waiting for him to realize his mistakes, the abuse, and the threats left me no option but to contact the UK court for a divorce as per the English law. This is why I respectfully request your support in my divorce from X. Additionally, I request your ordinance for X to return my personal valuables being held in the UK.

Thank you for your assistance,

