

Union of Saints

It Stops With Us

The abuse we endure throughout our lifetimes leaves lasting marks. If you were born before the days of gentle parenting, you may have experienced spanking. Before spanking, many children received the belt. It was once legal for people other than our parents to hit us with rulers or even worse. For women, at certain times in history, it was allowed for husbands to strike their wives under what was called the rule of thumb.

Many of us were not so lucky to grow up with gentleness. The sad truth is that many of our parents endured even greater hardships, homes filled with pain, alcohol, and violence. The abuse often ran deep.

It does not stop with families. It spills over onto playgrounds, into our dating lives, and out into our communities and society. Most of the time, we do not talk about it. Abuse happens behind closed doors. We suppress the truth, whether to protect ourselves or others, or sometimes out of fear.

If we are honest, most of us can say we have endured some form of abuse. Some worse than others, there are few unharmed by human cruelty. Abuse can be physical, verbal, emotional, or spiritual. While abuse is not something to bond over, because trauma bonding can keep us stuck, paralyzed even, and hurting, we can be humbled by the lessons we learn. Not by the teacher of abuse, but by what we learn to avoid.

If we do not face these demons within ourselves or others, we risk repeating the same cycles. My greatest lesson in life is to “stay in my own lane.” Out of respect for myself, and respect for others, I am someone who simply needs her time, space and boundaries respected and I recognize others do, also. I also need to pay great mind to my forgiveness, kindness, compassion, and my naivety. I must pay attention to the clues, the patterns and pay attention to the feelings I have. Our bodies have a way of warning us when something is not right. Sometimes god/universe has other plans for us, it is good to listen to our guts.

Forgiveness does not always mean staying. In most cases of abuse, lacing up our boots and walking away is the best option. Some people truly do not know how to keep their hands or their words to themselves. I am not trying to “catch hands” on a Sunday afternoon by an angry neighbor. I am trying to “stay in my own lane.”

Sometimes people give us no warning and no choice. We do our best. That is the real lesson, to avoid the abuses and to avoid those who abuse us.

Friendships do not always survive after abuse, and that is all right. Families often do, but even then, just because someone is family does not mean we must endure harm or return it. These are life skills we must learn and pass forward as we **evolve**.

*Generation to generation, it stops with **US**.*

Why It Is Important Not to Force People to Talk About Abuse

1. Re-traumatization Risk

Forcing someone to talk about abuse can reopen deep wounds. Trauma is stored not just in memory but in the body, and being pressured to relive those experiences can trigger intense emotional, psychological, or physical distress. Healing must occur at the survivor's pace, not anyone else's.

2. Loss of Control

Abuse is fundamentally about the loss of control. When a survivor is pressured to talk, even with good intentions, it can replicate the power imbalance they originally suffered. True healing requires restoring that sense of control. Giving the person full authority over their own story.

3. Trust and Safety Take Time

Survivors need to feel safe before they can speak. This safety grows from respect, patience, and consistency. Forcing the issue can destroy trust, closing the door to future communication or healing that could have unfolded naturally.

4. Legal and Ethical Considerations

In legal or counseling settings, confidentiality and consent are crucial. Coercing someone to speak about abuse can violate ethical codes, retraumatize witnesses, and even weaken legal processes by producing statements made under distress or pressure. Consent and timing are vital for both justice and well-being.

5. Healing Has Many Forms

Not every survivor heals by telling their story publicly. Some find peace through art, movement, prayer, or quiet reflection. Others may never speak about their abuse, and that's okay. Healing is deeply personal and doesn't require disclosure to be valid or complete.

6. Listening Without Demanding

The most powerful support you can offer is presence. Listen without expectation. Create space for silence. When people are not forced to speak, they often find the strength to share naturally, when they feel truly safe and ready.

7. Empowerment Through Choice

Empowerment begins when survivors are free to decide for themselves. Whether they choose to talk, write, advocate, or remain private, each choice is a step toward reclaiming personal power.

In the Union, we honor silence as much as free speech. Some battles are spoken, some are carried quietly within. We protect each person's right to choose how and when to tell their truth, knowing that respect and patience are the greatest healers of all.
