

My past relationship consisted of many of these signs, but I was in complete denial about them. We were so off and on that I could not keep track of when we were together and when we were not. It got to the point where he claims that we were never actually together. To me it was like two years of talking every day, spending hours under the stars, seeing a future together, all meant nothing. I meant nothing. He used me for sex when it was convenient to him and when he wanted me. I was nothing but a toy to him. Any time I tried to explain how I was feeling, he just threw things back into my face-- blaming me for things that were out of my control, like living 45 minutes away. He made me feel like I would never be good enough to be with him. He said I wasn't intelligent enough and that I wasn't going to accomplish anything. He compared how I grew up in a poor farm town to a rich city where he was from, constantly bashing my upbringing, my home. And, sadly, I believed him. I believed every "you're not good enough" and "you're going to fail." I was so on the hook that I turned a blind eye to the comments. He manipulated me so much I thought this was normal. I hid it from my family and my friends because I knew what he was saying was wrong but I didn't want to face the reality of the situation. I wanted so bad to be wrong about him that I became numb to the reality. When it was good, it was great and I was holding on to those moments and I didn't want to let go. Many of my friends told me I deserved better, but he got so into my head that I did not believe so. Looking back, I cannot help but to get sick to my stomach about the way that he treated me. At first, I was in complete denial about it-- saying to myself "well I deserve the things he says to me, I was wrong and I need to take the blame." Granted, our relationship had a lot of bumps and I fully take fault for some of them. But if someone loves you, and truly cares about you, they will not constantly make you feel like trash.