

A healthy relationship will help the two people grow, not bring them down. I cannot count the amount of times that I cried over him because of the things he would say to me. I would lay down to go to sleep and his words would ring in my mind on repeat. He made me feel like I was nothing but someone to sleep with. The saddest part of all this, is the fact that I let this go on for so long. I was young and I wanted to be loved. And I really thought that what we had was love. I truly believed in every fiber of my being that I was in love with him. I thought these issues were just normal things every couple dealt with. It is not. My relationship was not normal and in no means okay. No one should have to feel the way that I did, like I was a pawn in a really bad game. He made my self-confidence shatter and my insecurities sky-rocket. We ended the relationship just because we were going away for college. This is when I really evaluated and realized that what we had was not normal. The first few months was really rough, and now a year and a half later I have learned to deal with the situation and grow from it. It took me a year after the breakup to actually face reality and the fact that I was in an abusive relationship. Now, almost two years later, it is still hard for me to truly grasp the idea. I don't want to be called a victim, I don't want anyone to look at me differently. I want other men and women to hear my story and recognize the signs, so when it's your sister, brother, best friend, or even you, you can face the reality and make a change because you don't deserve this.