

THAT LYING VOICE

By

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“Hey there...yes you...do you have a few minutes to listen? There’s again been an explosion of media coverage about child sexual abuse. Now it’s coming out of the sports world...focusing on “sports heroes” and who knew what and when...creating an opportunity for politicians to grab some headlines...denouncing the sexual victimization of children and promising to eliminate this terrible affliction.

Sorry...we are NEVER going to eliminate this monstrous act that is put upon children by adults. Sadly...we are powerless to ultimately protect our children from individuals who proclaim to love, cherish and protect...yes...90% of sexual abusers are directly connected in some capacity to VICTIMS OF CHILD SEXUAL ABUSE...But, this is not what I asked for a few minutes of your time...I want to talk to you...that “silent majority” of children, teens and adults who were betrayed and violated by someone that you trusted, respected and loved...I imagine that these tragic events that make the headlines...really kick up that voice in your heads...firing up those repetitive statements...Why didn’t I stop him?...I should have told someone...What did I do to make him do this to me?... My life is ruined...If anyone finds out...You know this endless cycling of stuff that goes through your mind...this stuff that you can’t escape and it’s even worse than those pictures of what happened that just keep smacking you and you just can’t get away from...

You know...it really sucks that you got ambushed by someone that you believed in...and that you didn’t have magical powers...Samantha from Bewitched or like Harry Potter...and transform him into a mouse in an aquarium tank with some big snake or zap him and suddenly he’d have a horses’ tail....a peaked nose and duck’s feet for hands...now that would be a sight...and what would he say when everyone asked him...“Wow...what happened to you!!!!”...Yea...you know this is all wishful thinking stuff...

Ok...now here’s the stuff that I want you to really pay close attention to...it is time for you to separate the TRUTHS from the LIES...you have NOT been doing that so well...nope...let’s get real honest...it is IMPOSSIBLE to know the difference between truth and lies when you have been listening to that LYING VOICE IN YOUR HEAD...yea.. you know what I am talking about....you have been worshipping that LYING VOICE since your abuse started and over the years...it has ruled you and convinced you that you are Dirty, Damaged and Different...its shouts SHOULD...MUSTS...and NEVERS at you...it mind reads and fortunate tells...it leaves you living within...a dark and lonely place...and it tells you that EMOTIONAL SAFETY can ONLY be achieved thru mistrust and that ultimately...inner peace can only come thru SELF CONDEMNATION...all lies...all BIG...FAT ...LIES...

Just because sexual abusers lie to themselves and convince themselves that what they are thinking...desiring...planning and then...executing is OK...and then they in various ways try to convince their victims...that this SELF-CENTERED...TUNNELED VISIONED...HEDONISTIC...ALL ABOUT ME...act for

sexual gratification is...MUTUAL...CONSENSUAL AND DESIRED...by a child...well...that is such a CROCK OF LIES...but as a kid...you believed it...there goes that LYING VOICE again...

Hey...do something for me...you can do it when you are all by yourself...find a corner in your house...go over to it...plant your feet in that corner as best as you can...then put your nose in that corner as well...now here goes...simply request...either take ONE step forward...or...take ONE step backwards...so which did you chose? Yea...I know...dumb request right? Now...hear this clearly...this is what child sexual abuse is ALL ABOUT...someone you trusted, loved, respected and needed...maneuvered you into a corner and then ambushed you...he presented you with a NO WIN SITUATION...TRUTH...it was NOT YOUR FAULT...HE took total advantage of your respect and love for him...you were POWERLESS to stop or detour him from his desires and plans and he TARGETED you because he KNEW...you would go into that corner for him...so he could ambush you....

TRUTH...it's all up to you...its totally in your POWER to decide if you are going to continue to HONOR and WORSHIP that LYING VOICE in your head...you could not stop the abuse...BUT you can STOP the SELF CONDEMNATION...shame and guilt is not your burden...it belongs ALL to him...and his cowardice and self-centered decision to avoid stepping up to the plate and taking ownership for hurting you is NOT yours to carry...he could and he did use your body...BUT your mind...your thoughts and feelings are yours and yours to control...you choose whether you continue to be a VICTIM or you choose to become a THRIVER...master that LYING VOICE...and you will be emotionally FREE to be and become what you want to be....