



Sleeping with the Enemy- Why Women stay in Abusive Marriages

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And in pursuit of this goal they endure, for their strength is measured by their ability to endure abuse that causes them significant emotional and psychological distress.

Choosing freedom

Marriage should offer love and support, not emotional devastation. If you are suffering in silence, know that you're not alone — and you deserve better. Seek support from trusted people and mental health professionals; while some problems can be resolved, abuse should never be tolerated.

Leaving a marriage is hard, especially with children, but staying in a harmful environment can have lasting damage. Your safety and your children's well-being matter most. You have the right to choose freedom, rebuild your life, and show your children strength. Your identity is far greater than your marital status— choose happiness and healing.

By Sabrina N. Bhuiyan

Photo: Collected

*Name has been changed for anonymity.

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