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The Baggage Handler

October 10, 2006
What's In Your Bag?

OCTOBER - National Domestic Violence Awareness Month

Women from all walks of life can be victims of domestic violence. I recently read a statistic which stated- **1 out of every 4 women will be abused in their lifetime.**

This is appalling.

But no matter how dangerous the situation, many women find it difficult to leave abusive relationships. *Why?* Well, even in this day and age, some people still ask that question. Therefore, in order to give a little bit of insight, I've provided some of the answers below:

****LONLINESS/INSECURE/FINANCES-** Some have received and believe the message that a man is needed in order to be whole, there the thought of being is more frightening than the thought of being brutalized. And others are willing to take a few bumps and bruises as long as his paychecks keep rolling in.

****SHAME FACTOR-** How do you admit to everyone that the Mr. Wonderful you used to brag about is now slamming you against the walls? Instead of the embarrassment, many women just grin and pretend that all is well.

****ABUSE=LOVE-** Of course there are times when a woman truly believes that abuse equals love. There is absolutely nothing correct about this equation. Love doesn't harm anyone. There are also many other reason, low self-esteem at the top of the list. But no matter what the reason, I implore all women to get out of abusive relationships. Call the crisis hotline, local YWCA, or Women Crisis Center. There are professionals who understand the dynamics of domestic violence and can help you **safely** out of your situation. If you don't know what help is available in you area, please visit: www.sboard.org.

Remember: 'Domestic Violence is a lifestyle, not an event.'

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Disclaimer: Although I have studied psychology and sociology, I am not a doctor, therapist or clinician of any type, so please use the advice associated with this newsletter at your discretion.

POCKET CHANGE! Feature Article: ****DEALING WITH NAYSAYERS****

Written by: Jessie Jamie Coleman, author of *The Boston Blue*

I'm sure there has been a time in your life when you have been inspired and excited about something that you truly believed in. While at the same time, others around you have tried to convince you that your goals were impossible. These people go on to share their bad luck stories and wave doubt over your possibilities. These are

***** Ask Alethea *****

QUESTION:

Dear Alethea,

I already think I know what you are going to say, but I'm going to ask anyway. I'm over thirty, a college graduate, and have been in a relationship with my man for 1 year. A few weeks ago, he spat at me during a disagreement. It's the first time something like this has happened. He apologized and said it won't happen again. In a way I believe him and in another way I don't. Shouldn't I just forgive him? Like I said, it only happened one time and he's a wonderful man.
Toni B.

ANSWER:

Lady T.

This question is excellent for National Domestic Violence Month. If you already know what I'm going to say, it's only because you're much smarter than you sound in your email. Ponder this... if you are walking down a sidewalk and see a big glob of spit on it- you quickly step over it and think of how nasty the person was that defaced the sidewalk. So, Ms. T.- are you trying to tell me that an inanimate object like some dried concrete that never read one book or helped one person has more value than you- a living, walking, talking, being who has the potential to shape a life or change the world. So, if the person who spat on the side walk is considered disgusting, how filthy is the man who spits near, at, or on you? Let me tell you this: I had a boyfriend who twisted my arm and said he wouldn't do it again. He told the truth. The next time, he put a gun to my end. And there was no next time after that because I was gone. Truth is, I should have left him alone after he twisted my arm. I've said all of this to say, "Get the hell

naysayers.

I call them people who do not believe in their own abilities, talents and dreams and certainly will not believe in yours. If you don't believe me, tomorrow, call someone known to be successful. Ask him/her if you should start your own business. He or she will certainly encourage you.

Then later that day, ask someone who hasn't succeeded at much, if you should start a business. **NOW** get ready for gloom and doom. So the next time someone tells you what you cannot do, you'll know more about them than they realize.

If any of you should experiment with this, I would love to hear about it. **Email me at: jessie353@yahoo.com or visit me at: www.jessiejamiecoleman.com**

out **NOW!** If you need help, consult the Domestic Violence article in this newsletter.

Only Blessings

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