

## Week 2: Recognising domestic violence and abuse

### The impact on victims – survivor testimony audio transcripts

#### Physical trauma

##### Survivor Testimony 1:

I have bruises all over my body and on my stomach as he used to hit me with his belt or whatever he could get hold off. He also burned me with a cigarette and I still have marks on my arm, shoulder and abdomen.

##### Survivor Testimony 2:

One day my partner came back from work. I had the table ready and I was really hoping that everything would go fine. He had anger issues and could become very aggressive. So this day, he thought that the food was not warm enough and he started hitting me, pulled my hair and slapped me so hard that my eardrum was damaged and I lost hearing in one ear.

#### Sexual and reproductive health

##### Survivor Testimony 3:

My partner has always been abusive but the abuse and violence increased when I was pregnant. He used to throw things at me if he did not like dinner and things like that. Once he got really violent and started hitting and kicking me. He kicked me in the stomach and I started bleeding heavily and had a miscarriage.

##### Survivor Testimony 4:

I didn't know that my partner had AIDS. I only found out that I'd contracted it from him when I got pregnant and went through all the medical tests. He obviously knew about his condition, but didn't want me to know. Now he is even more controlling and won't allow me to tell anyone about it.

## Depression and suicide

### Survivor Testimony 5:

Being in that abusive relationship has led to the development of depression and anxiety. I am still just so scared of being with people and it makes very, very nervous, and anxious, and I don't want to talk to anyone. My husband used to lock me up in the room for hours and hours as a punishment, and would take the fuse out so the room would be dark - and I would just sit there and hear someone walking downstairs. Now that I am out of that relationship, I cannot sleep at all. Whenever I turn the light off, I start panicking and feeling as if someone is walking on the stairs or opening the door.

### Survivor Testimony 6:

My husband was nice initially but, after a couple of years of marriage, he became abusive and violent. He used to be a bit controlling before that but not physically violent. But gradually, it all got worse. He told me that 'I was good for nothing' and that 'I couldn't live without him.' He basically said that I would be nothing without him and if I ever tried to leave him, he will make my life hell and would take my children away. It was then I started drinking heavily to basically numb myself and to cope with the physical and psychological abuse directed at me. I just couldn't think straight and spent all of my time crying and being stressed. As a result of this, I lost my job.