

## **This Woman**

The busy woman is running here there and everywhere, time for everyone and everything – especially the boss

All the busy woman can think is, don't let him get cross, don't let him get cross, don't let him get cross...

The busy woman must make sure everything is perfect, it all must be a certain way, and all must be a certain time

The busy woman can't relax, she's forgot something, the children did something the he didn't like, she's all anxiety

The busy woman is never alone, she's at work, with him, with the children, friends, the busy woman has forgotten who she is.

Let me tell you about the clever woman, the clever woman hides it well

The clever woman ain't got no story to tell

The clever woman stays with him so she can keep her children safe

The clever woman stays because she knows where he is, she doesn't like surprises or shocks

The clever woman manages his temper around Christmas, birthdays and every special occasion

The clever woman smiles all the time, faking her way through her fake life

Let me tell you about the strong woman, she wants to breath but she is constantly holding her breath

The strong woman carefully places her feet around the eggshells and avoids death

The strong woman laughs with him when friends ask about her clumsy nature which makes those marks

The strong woman can't make plans she just gets through every painful day, she smashes and she grabs

The strong woman suffers a thousand humiliations as she realises she doesn't fit in her own life.

The awakened woman watches her eldest child treat her as the boss does and sees the younger children's fear

The awakened woman watches the knives line up, imagines more pain and feels darkness near

The awakened woman feels impending doom and sees how the game has changed, the stakes are high

The awakened woman went for a very long walk on a very cold day and remembered who she was

The awakened woman, untangled the web of lies that is her life and started to think

The awakened woman makes decisions, plans in whispers and she takes what she can.

Let me tell you about the free woman, she needs to be believed, needs validation, she abhors judgement and a shake of the head

The free woman has a hundred calls to make, many serious conversations to start, she must meet with authorities and all she wants is to fall into bed

The free woman needs a home, she needs to put down roots and find new beginnings for her children

The free woman doesn't want to keep hearing the word alleged and doesn't want to be reminded of how to be a parent

The free woman gets a knock at the door, received a summons and knows she's neither safe nor free.

The judged woman stands in the courtroom trying to understand a hundred quiet words because her fear is too loud

The judged woman stands alone, she listens to lies and gets angry and cross while her abuser stands calm and proud

The judged woman begs and borrows but it's not enough, she knows that she must fight for her children, but she must feed them first

The judged woman tells her story in its most graphic details time and time again, she is asked for medical records and a peek into her soul

The judged woman is an outsider, constantly explaining herself, only allowed to say certain things, in need of a reassurance that never comes.

The doubting woman is hesitant to build new relationships and watches people differently

The doubting woman holds her children close and prays for their safety, like a sharpened knife she is ready for danger

The doubting woman has her belongings slowly drip-fed back to her, memories making her sway with sickness

The doubting woman's head aches all the time with the remembering and the analysing as the flashbacks flood her brain

The doubting woman longs for a peaceful sleep after a long day and hopes that the nightmares don't come.

Now let me tell you about this woman, she is the calm woman, she has been judged, she has been doubted, she has been awakened

Somebody hurt her very badly, somebody lied to her, beat her, belittled her, bullied her and then tried to take her children

The authorities pushed her, scolded her and put her in dangerous positions and made her live very small

But she was strong, and she did the right things, she ticked boxes, she engaged, she presented well, and she remained calm

This woman is nobody's fool, she is stronger, wiser, more compassionate, more loving, grateful for all life's goodness and finally free.