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WordsUncaged Submission

“Reflection”

The life-trauma of mental and physical abuse caused me to suffer from many things, from withdrawing to issues of insecurity. My life as a child was lost in a haze of self-doubt and isolation.

Growing up in the 60s and 70s, what I had experienced was not heard of or talked about. In my own fear, I suppressed the pain and uncertainties, allowing anger and frustration to not only become my refuge but my guide as well. Where it protected me from others, it did not protect me from myself.

My trauma had embodied within me not just a form of destruction but the inability to care for anything but myself. Once internalized, I began to act out without thinking. Unconsciously, I had taken on an identity that became the controlling factor in my life.

For 42 years, I lived with a disorder I knew nothing about. Today they call it a “dissociative personality disorder,” where one is not only separated from reality, but lives in a constant, depressed state. I make no excuses for the dysfunctional behavior in my life, and for all those I have harmed, I am truly sorry.

My imprisonment has awarded me the opportunity to learn about the condition that I suffered from but, more importantly, through my educational studies in psychology and self-development, I was able to relieve myself of the oppressive bondage that psychologically kept me from being present in my life.

Today, I am completely free of the effect of mental and physical abuse. I am present in my life, both consciously and spiritually. Presently, I am attending two colleges and in the process of attaining AA and BA degrees in liberal arts and humanities. Being present in your life is having the consciousness and awareness of your natural purpose, which can only be achieved through a relationship with the Creator.

James Petty