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MARINA TRUDEAU

Sexually Abused

My childhood was taken away from me.
At a young age of ten
I was sexually abused.
The next four years
It kept happening over again.
I was too scared to cry,
Too ashamed to tell someone.
Too sore to even move,
For fear the pain would get worse.
For years I lived with the pain
Of being sexually abused.
I drank myself to alcoholism,
I overdosed on pills.
I was in a coma for two days,
For I could not handle my secret of being sexually abused.
My life was ruined so many years ago.
Ten years of counselling pulled me through,
It took me thirty years of recovery.
Mother dearest, you were not there when I was abused.
But when I finally told you
We shed so many tears.
I try so hard to pick up the pieces of my life.
I have quit drinking
So I can start my life all over again.
Someday the pain will go away,
Then I will be able to find happiness.
For I know, there is a man out there for me.
Hopefully, he will be kind and understanding.
My life was no bed of roses
But, I can learn to love again.

Marina Trudeau is an Aboriginal woman from Wikwemikong First Nation. She is the mother of six beautiful girls. Her poetry was published by the National Library of Poetry in 1995.