My Abuser

My abuser has many faces,

I’ve seen them through the years.

Faces that I thought I loved,

That only caused me tears.

My abuser has many faces,

Like a mask he wears so well.

Friendly on the outside,

So no one else can tell.

My abuser has many faces,

He loves to cause me pain.

Emotional, physical, mental,

To him it’s all a game.

My abuser has many faces,

Father, Partner, Friend.

People I should trust,

The torment never ends.

My abuser has many faces,

He knows just what to say.

Tear my confidence to shreds,

Take my children far away.

My abuser has many faces,

He puts all the blame on me.

If I’d done just as I should,

None of this would be.

My abuser has many faces,

The effects of which I wear.

Depression, stress and panic,

Anxiety and despair.

My abuser has many faces,

None of which I will forgive.

It’s made life so much harder,

This isn’t how I chose to live.