



## BROKEN THROUGH

By: Sandy Thellus

You almost had me die for love  
A love that was untrue,  
With dazzling smiles and wicked lies  
I'd fallen hard for you.

The talks, the walks just trauma bonds  
To groom me how you'd like,  
To build me up your perfect prey  
Then hurt me out of spite.

Red flags and signs were posted clear  
Many I chose to ignore,  
The countless days you'd make me fear  
The bruises and the sores.

Eschewed & shunned from those I loved  
Whose advice I had not taken,  
I just could not see it for what it was  
Although my soul was breaking

To altar you said we should go  
And foolishly, I thought things would change,  
5x times I'd bear your children  
Yet things remained the same.

Years passed and youth now fleeting  
I've embraced this as our lives,  
Empty shells and masks we'd wear  
Exchanging peace for strife.

But the straw that broke this camel's back  
Would be your last violent act,  
Grandparents we were destined to be  
Even that you'd take away from me?  
I thought I'd lost my sanity!

But buried deep, deep, down inside  
Was a will to live and thrive,  
The worst of all your wicked/sullen lies  
Was that I needed you to survive?

So now I stand so loud and clear  
In my true voice that's spoken here,  
I denounce your love and all it resembles  
Your presence no longer makes me tremble.

For this, my basic human right  
That I am worthy of peace and light,  
Boundaries now replacing false hindsight  
With SUPPORT and SELF-LOVE I'll be alright.

You almost had me die for love  
A love that was untrue,  
How sad and empty you must NOW feel  
Now that I've BROKEN THROUGH!

### About the Author

Sandy Thellus comes from very humble beginnings. She was born and raised in Miami, the daughter of hard-working immigrant parents who've instilled in her the value of education and love for a country that gives everyone a chance at their dreams.

At the tender age of 16, this would all be sidetracked when she crossed paths with her abuser. With a broken home and dreams derailed, it would take her nearly 20 years to regain a sense of safety and purpose with the help of The Shelter for Abused Women & Children and The Shelter Guild.