Shame is something that strong people tend to feel because they always think they could have done ‘better’ – there is no doing ‘better’ in this situation. There is only the ‘doing’ that you are ‘doing’ right now. Keep telling yourself this, write, dance, paint, draw, read and share your experience with the loving relationships now in your life and just keep going. The shame will evaporate – it will evaporate the closer you look at this time in your life, the more you accept it and the more you honour yourself for going through it and going past it.

http://www.kaarelong.com/surviving-the-shame-of-domestic-abuse/

