

# Untitled

**By: Sarah Rearigh**

Words spewed from your mouth like they'd been waiting on your tongue, waiting to be shot in my direction. Words that berated me, that tore me down and stripped me down to nothing but the nakedness you made me feel. Your words cut through me like shards of glass trying their hardest to make me bleed, make me break. I stood, as still as I could, because that's what you demanded. I just took in the abuse, the harsh words, and all the other things you felt you deserved from me. Until the day, it was worse than ever before, I realized what you were doing and stood up for myself, against the force of you, as you still tried to break me, tell me I'm crazy, that I was delusional, that it was all in my head. Told me I needed to stay, that I had no choice. Never again will I let myself go that low, never again will I let someone treat me that way.