

Don't Be Fooled

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supporting women and children
against domestic violence

Don't be fooled by those loving eyes, looking longingly into yours
They turn into scrutinising torches once hidden behind closed doors
All those compliments and the clear admiration shown of your looks
Will disappear when the fishing line to your heart he's finally hooked

It's a trap no different to that used to snare animals in the wild
To lure you in and take you captive, the method so gentle and mild
But the motive is cruel, as he slowly begins to take over your life
Cutting you off from friends, their silence you could cut with a knife

At first you may not notice the change, he's always quick to apologise
You respond with forgiveness but as this repeats you become wise
Realising there's nothing you can do to please, always in the wrong
Your opinions count for nothing, only to yourself do they belong

Your family and friends completely unaware he has the skills and tools
Always charming and humourous in public, making them out as fools
Of course no-one will believe you if you're able to speak and tell
He will find out what you've said and your life will become hell

The insults, arguments and put downs soon become the norm
You get used to returning home prepared to expect a storm
The interrogation that follows fires questions at an alarming rate
To simply enquire about your reasons for being a few minutes late

He claims it's your fault for being incompetent and infusing his rage
Pacing up and down like a frustrated circus animal locked in a cage
No point in saying you're sorry he'll only mock you for being weak
You lose the will to fight the battle and it's a ceasefire that you seek

As the underdog you're vulnerable and the more control he keeps
The slurs delivered now roll over your head but at night you weep
The weight of abuse has left you crushed, there is no way to escape
Thoughts of a conclusion fill your dreams still with you when you wake

If you recognise any of the indicators put together in this verse
Don't suffer in silence share your experience and be rid of this curse
Tell someone you can trust like your doctor who can provide advice
Take those first steps towards your freedom and a brand new life

There are charities who offer support to help clear your muddled head
And if you need somewhere safe to stay they can even find a bed
You will not be judged, they understand what you may have been through
No shame to face just guidance and an opportunity to find the real you

There may seem like there is no hope but if you really look help is there
Be brave and reach out for it, you'll meet many women who really care
Your experience can be shared or you can just ask for the help you need
You are worthy, you deserve happiness and a life of your own to lead

Lack of confidence may prevent you leaving or pure fear of retribution
Just one phone call or a visit to the office can help provide the solution
Be one of the many women who suffered and reached their final straw
Finding the strength and determination to decisively walk out the door

