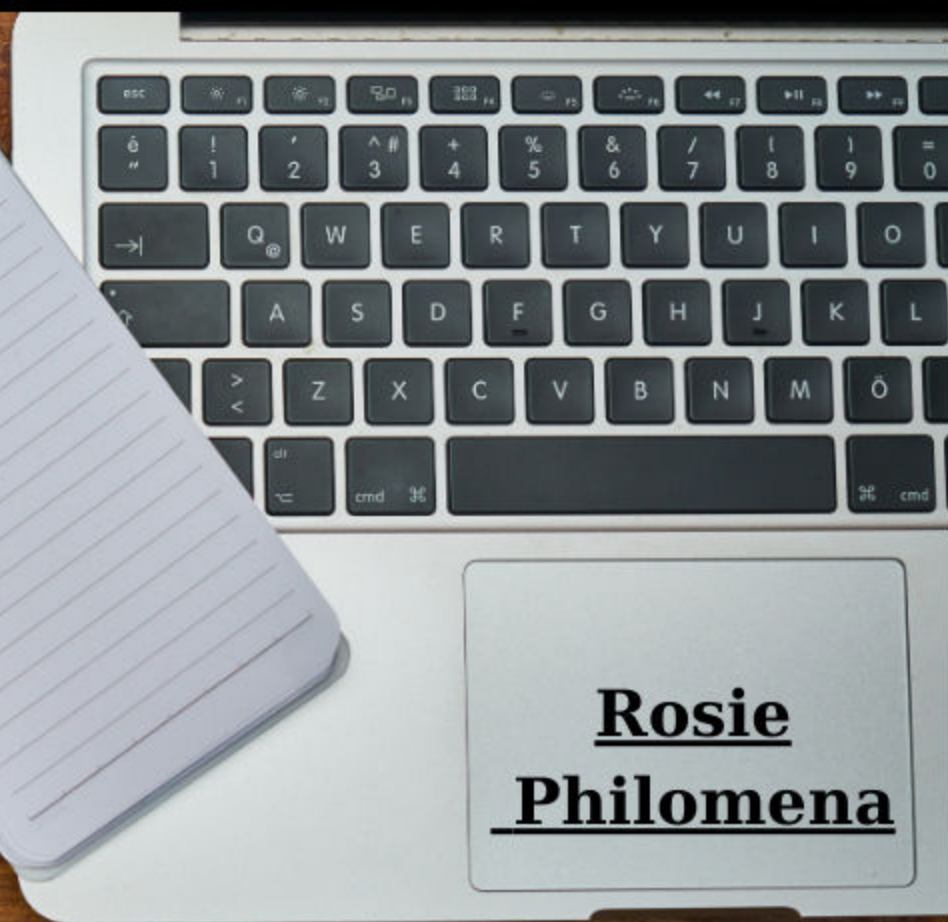




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Courses

Online courses would help with my healing

So determined was I to get well

These are the things that I learned there

From the stories that people would tell

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They explained on their journey of healing

There were left with a myriad of woes

But now they had time to work through this

Moving on with their lives was the goal

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CONTROL WAS A SUBJECT THEY SPOKE OF
MINIMISATION, DENIAL AND BLAME
ARE THE TACTICS SOME USED TO CONTROL THEM
PERPETRATED AS PART OF A GAME

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They said some would use intimidation

Coercion or violence or threats

And of course, these are very disturbing

Which had caused a great deal of distress

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There were various ways they abused them

By emotionally draining their soul

Using physical, verbal, financial abuse

Or by means of coercive control

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It's all psychologically draining

A whole host of traumatic events

With some sexually abusing their victims

Whilst others used spiritual content

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They would use their religion against them

Quoting scripture whatever their faith

This too, could be used to abuse them

Once again, on control this is based

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With some, they involved their poor children

Like a game they had used them as pawns

But these poor human shields don't deserve this

Things like this, by group members you're warned

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And some turned their children against them

They were fed a complete pack of lies

If successful with this alienation

It leaves one of the parents despised

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With many, their employer was toxic

And their boss had exerted control

Some passed over for every promotion

Leaving others then facing the dole

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As they turned up for work they'd be guessing

Just what kind of mood they'd be in

This for some was a daily occurrence

They'd prepare for the games to begin

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I would learn about feelings of shellshock

How the life that they lived seemed surreal

And following psychological trauma

They were now left unable to feel

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And these people for their own protection

Had retreated inside their own head

With reality being too much to cope with

They created their own world instead

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I related to being an observer

I'd look down on myself from above

Detached from the world all around me

And from everything I had once loved



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There were several things they had mentioned

Hypervigilance (being jumpy and scared)

Some were isolated from their own family

For real life they felt so ill-prepared

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They all went through a period of doubting

As they questioned what they had recalled

Through this period of realisation

They had now come to question it all

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With prolonged psychological warfare

Some were left with CPTSD

It is something they needed some help with

Whici is why they were in therapy

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Post traumatic distress can result from

A particularly horrific event

It can leave you with flashbacks and memories

And you're living in daily torment

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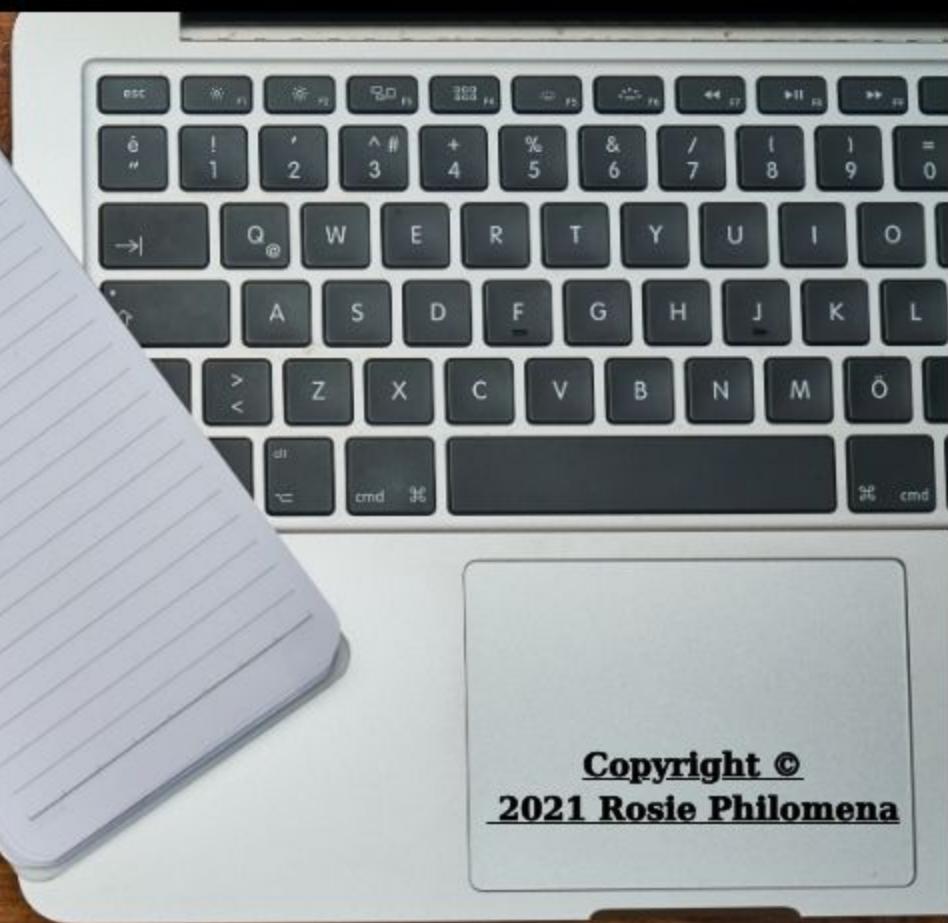
With complex distress it is different

This is due to repeated exposure

And the long-term effects can be harmful

So from these things you have to find closure

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