

Jamie's Story

I have been watching Coronation Street recently and never realised that there was help out there for men in a domestic abuse situation.

Thankfully, I am now out of my difficult situation but I would like to share it with others to give them hope that they can get out of it too.

In May 2009, I got married to my partner I had been with for around 3 years. We had a good relationship and got on well with each other. The first three months of our marriage was excellent and we really enjoyed each others company. However, when I was promoted at work she became very insecure about our relationship as I had to increase the hours I was working. She resented my promotion so much and she wanted me to give it up, along with my £50k salary and take a smaller job as a bin man. When I refused to do this, she hit me for the first time ever. I have never been hit by anyone I have been in a relationship with before and it shock me so much. Following a great deal of saying sorry we eventually went to bed and nothing was said about it.

Between January and April 2010 I would receive a hit across the face, shoes or plates thrown at me. It became the routine of how things were. I would come back from work, have something to eat, we would argue about my job and then I would get hit. This was my normal life for four months.

One Saturday night I told her that I did not love her anymore because she was being so violent to me on a regular basis. I don't remember too much from this point onwards. I remember being curled up in a ball on the corner of the landing with punches and kicks raining down on me. Eventually it stopped. She ran out of the house and drove off in a rage. I calmly packed my things and left. In some ways it was a difficult decision to make because I was unsure about what she would do to herself but in other ways it was really easy. At no point did I have to put up with this. She was the person who was meant to love me more than anyone else and she treated me in this way? I stayed at a hotel for a few nights and then moved to more permanent accommodation.

I never met up with her or spoke to her again. However, the abuse did not stop there. She utilised me leaving as an opportunity to show that I was in the wrong for leaving her. She convinced my brothers that I was in the wrong. I showed my mum the bruises on my arms and back, she was physically sick.

Happily, the move away from my former wife was the best move I ever made. I have now found a new partner and a daughter, life is so much

better. If I hadn't made the decision to leave, I don't know where I would be now.