

There's silent epidemic of abuse that's rarely spoken of or acknowledged. This abuse effects so many women. I'm a Survivor of 17 years with a narcissist. I don't say this lightly in a description of only a toxic individual , I mean somebody who is a cluster b personality. 3 years of research and counseling has helped me understand what I experienced. The ex fits 8/9 behaviors of a narcissist in the DSM5 criteria. I've been in another dv marriage, 1980, it was nothing like this.

The psychological injuries I left with from that relationship broke me. He didn't hit me or call me names. I couldn't call the police, I had no bruises. Often that's what survivors say only if I had bruises I would be believed. The abuse was very covert in nature typically just me being the only witness to the abuse. Whose going to believe me. For example when I would go to hug him he would hurt me by squeezing and twisting my breasts as hard as he could or squeezing my back as hard as he could hurting me, he wouldn't stopped when asked. . I collapsed going into a diabetic coma and he sat and watched. Didn't offer any medical assistance. I was lucky that my body created enough sugar to bring me back. Or other times when I was having a sugar low. he would refuse to stop by a store so I could grab a juice to bring my sugars up. Putting me in danger. This is just a small example of what I experienced. The abuse is very insidious, you don't recognize it at first. You know that there's something wrong. The experiences described by survivors of narcissistic abuse sound crazy when we talk about it. I strongly believe we need to stand tall in our truths.

3 years in therapy, my therapist took specialized courses , with a renowned US researcher. To help me heal from this experience, she was not aware of this kind of abuse. I was shredded as human, were her words. Now her whole office is aware .

Yet there's very little support, acknowledgment and understanding of the dynamics of this kind of relationship , and the damage it causes. When I went to the domestic violence shelter they had no idea of what I was speaking of.

I urge this committee to look into the impact from this kind of abuse, not only does it affect people psychologically emotionally but as well physically. The cortisol from the continuous stress does incredible harm to our bodies. Research has shown that healing from narcissistic abuse often takes a lot longer than than most other abuses.

I would love to see more educational material put out to people social workers, judges, lawyers, police, advocates, domestic violence workers , schools etc. One Canadian lawyer's office acknowledged high conflict divorces usually involve narcissists. My legal aid costs to date, \$ 7102. 00.

My ex is a sheriff, works in family court ,he continually ignored the court order for spousal support. The judge was harsh on him and told him to stop playing his games pay the support, she acknowledged that the relationship damaged my brain . He ignored the judge. He did delight in letting me know he has a huge settlement payment. I did put my application in for the maintenance enforcement program in our province. It appeared from my experience that my case worker was being dishonest with me and allowing the ex to have chance after chance . They do have the same employer. Giving my abuser more opportunity to financially abuse me and exert his control. I filed complaints, given lip service but no action. Finally I went to my MLA I was hooked up with the MLA liaison. The mep liaison as well as another supervisor took over my file.

I did not know if I was going to be evicted or if I was going to eat when he choose to not pay. That added to my emotional distress After the abuse I was not able to work as my mind is so scattered , working on untangling the trauma, also diabetic and a heart attack survivor , my diabetes is progressing, and other health issues. High probability the abuse = cortisol the stress hormone production =made me ill.

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I am almost to 60-year-old woman. I raised my granddaughter and his son with this man for 17 yrs. I was abruptly tossed aside . Through parental alienation, I have no relationship with the kids. I was evicted from my family tribe and I was never told why. The pain and grief so intense.

During the marriage this is a partial list of the abuse I endured

Isolation, control, withholding of intimacy for yrs, gaslighting, hurtful put down jokes, stonewalling communication, silent treatment, lying ALL the time, constant disapproving sneers, no support for my personal growth, only opposition, punishments, affairs, triangulation, ignoring life death medical needs, lack of empathy, etc.

Thank you for allowing this opportunity to share my experience with this covert domestic abuse.