

Injustice



The Pain and Suffering is Indescribable

Contents

- Unprocessed Anger – Righteous Indignation
- Sense of injustice causes hopelessness
- Pretending something didn't happen makes things worse
- Describing the Injustice
- Describing the Trauma

Relationship with justice

- Justice helps with healing and moves toward closure
- Justice allows you to believe things can get better soon
- The recognition of the need for Justice allows a victim to heal and survive, to find comfort.

Causes

- A brutal assault some 15 years ago
- Prolonged exposure to traumatic experiences
– 7 months a prisoner
- Years of Domestic Violence victimization that never allowed for an opportunity to move from victim to survivor

Examples

- My trauma begin when I was assaulted about 14 years ago.
- It was violent, vicious, and vengeful.
- There was no closure.
- There was no access to victim rights.
- There were no supports available for a survivor or victim, in my case.
- Insult and character assault was added to the injuries.

Healing

- How does one heal when no one is there to tell you that you were harmed?
- How do you heal when naming the trauma causes embarrassment because someone might think you were the guilty person?
- How do you name the trauma when it requires admitting you were held in a jail like a criminal and with criminals?
- How do you heal when there are no arms to comfort you when you are scared and shaking?

Can Things Get Better?

- Hope is predicated on a shared sense of Justice for the victim!
- Hope is predicated on a belief in some sense or Justice existing in life – where evil actions will be punished, and good character and good behavior will be rewarded.
- Hope is also dependent on someone telling you that something can be done about this situation.
- Hope is destroyed when no one suggests that something can be done!
- When trauma is minimized hope is crushed!

Being Broken

- When injustice seems to prevail one perceives oneself to be broken.
- I developed a sense that no one would understand my pain.
- Certainly, it did not seem like anyone I knew in my family or friends had experienced anything like I experienced.
- Who would imagine this could happen to them also?
- Self-blame and victimhood continue to impede healing.

Desperation

- Please stop the pain
- Please fix this
- Please fix me
- Please comfort me, Trust me, Understand me!
- How do I convey where and how it hurts?