

## Why Does She Stay?

*A poem written by survivor Laura Beth Young*



Why does she stay when he treats her so wrong?  
So many wonder and desire to know?  
She cries for help, despair in her heart.  
But has difficulty letting him go.

Why did you allow him to treat you that way?"  
A question asked time and again.  
I do not know, the only answer I could find,  
once the relationship finally came to an end.

Then I reached out for help, support and relief.  
My heart torn apart with confusion and grief.  
This led to the road, of uncovering the truth  
A complicated unwinding of the present of the past  
Revealing the transparency, of a wounded heart

Desiring deeply that her marriage would last . . .  
she learns why she stayed; it is a matter of the heart  
That was manipulated, twisted and controlled.

She loved this man with all that she had. . .  
And believed the lies she was told.  
Feelings of fear, how will she survive?  
All rummage through her mind.  
So she tolerates the treatment time and again . . .  
Not knowing how to leave him behind.  
Until one day she had enough!

She finds the courage from within  
and with the support of loved ones . . .  
Takes flight from that life.  
Thus her journey of freedom begins!

Williamson County Crisis Center dba

# Hope Alliance

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[www.hopealliancetx.org](http://www.hopealliancetx.org)

We met Laura Beth Young three years ago when she came to Hope Alliance seeking protection and shelter from an abusive husband. As you can tell from the words above, leaving this abusive situation was not an easy decision, and we are extremely proud of the success story of this amazing woman.

Laura Beth has changed our world with the decision to Stop The Violence. She is now an author, a poet, a motivational speaker, and the founder of Cheerful Hearts! We invite you to visit **Laura Beth's website**, <http://www.cheerfulhearts.org> to find out more about her outreach to those struggling with difficult situations.

Please share Laura Beth's insightful poem, **Why Does She Stay?**, and enlighten your friends and coworkers as to the role **EACH OF YOU** can play in helping an individual escape an abusive situation.