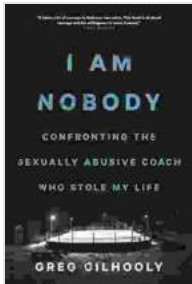


Confronting The Sexually Abusive Coach Who Stole My Life



I Am Nobody: Confronting the Sexually Abusive Coach Who Stole My Life by Greg Gilhooly

★★★★☆ 4.7 out of 5

Language : English
File size : 795 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



When I was 15 years old, I was sexually abused by my coach. It was a betrayal of trust that shattered my world and left me feeling lost and alone.

For years, I kept the abuse a secret. I was ashamed and afraid of what people would think if they knew. But the secret ate away at me, and I eventually realized that I couldn't keep it hidden any longer.

In this memoir, I share my story of abuse, recovery, and healing. I write about the pain and trauma I experienced, but I also write about the strength and resilience I found within myself.

I hope that my story will inspire other survivors of sexual abuse to come forward and share their stories. I also hope that it will help to raise

awareness of the issue of sexual abuse and the devastating impact it can have on its victims.

I am a survivor, and I am stronger than my abuser. I am sharing my story to help others, and to show the world that sexual abuse is never okay.

The Abuse

I met my coach when I was 14 years old. He was a charismatic and successful man, and I looked up to him. I thought he was someone I could trust.

But I was wrong. Within months of meeting him, he began to abuse me. He would touch me inappropriately, make sexual comments, and pressure me to have sex with him.

I was terrified and confused. I didn't know what to do. I was afraid to tell anyone, because I didn't want to ruin my coach's reputation or get him in trouble.

So I kept the abuse a secret. I pretended like everything was okay, but inside I was falling apart.

The Aftermath

The abuse had a devastating impact on my life. I became withdrawn and depressed. I lost interest in my hobbies and activities. I started to self-harm. I felt like I was losing my mind.

I eventually told my parents about the abuse, and they were horrified. They immediately took me to the police, and my coach was arrested.

But even though my coach was behind bars, I still struggled to recover from the abuse. I had nightmares and flashbacks. I was afraid to be alone. I felt like I was damaged goods.

The Healing Journey

It took me years to heal from the abuse. I went to therapy, I joined support groups, and I read books about sexual abuse. I also started writing about my experiences.

Writing was therapeutic for me. It helped me to process my emotions and to make sense of what had happened to me.

Over time, I began to heal. I started to feel stronger and more confident. I started to rebuild my life.

I am still a survivor of sexual abuse, but I am no longer defined by my abuse. I am a strong, independent woman, and I am proud of the person I have become.

Why I Wrote This Book

I wrote this book to share my story with others. I want to help other survivors of sexual abuse to know that they are not alone.

I also want to raise awareness of the issue of sexual abuse. Sexual abuse is a serious problem, and it is never okay.

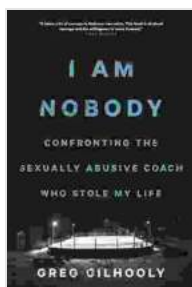
I hope that my story will inspire others to come forward and share their stories. I also hope that it will help to prevent sexual abuse from happening in the future.

You Are Not Alone

If you are a survivor of sexual abuse, please know that you are not alone. There are people who care about you and want to help.

There are many resources available to help you heal from sexual abuse. Please reach out to a trusted friend or family member, or contact a sexual abuse hotline or service.

You are not alone. You are strong. You are a survivor.



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