



# 13 Years of Childhood Sexual Abuse Sucks: One Woman's Quest to Heal

*Ms. Stefany San Jose*

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## **13 Years of Childhood Sexual Abuse Sucks: One Woman's Quest to Heal** Ms. Stefany San Jose

For half of her life, Stefany San Jose endured a great deal of trauma. By looking at her, you could never guess that she was a product of abuse. Sadly to say, she was being sexually abused by her biological father since she was a small, sweet, innocent baby girl of only 3 years old up till the tender age of 16. Even though he went to jail in 1997 the emotional and physical pains that she felt, did not stop there. During the sexual abuse she disassociated a lot. Only recently, has a lot of the painful memories surfaced to where she is consciously aware of them. She begins the story by recapping her past and ending it by discussing what her triggers are and the memories associated with them. This story is about one woman's courage to keep battling her past so that she could eventually heal from the anger, resentment, confusion, and sadness that she feels inside.

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