

# Trauma Narrative Processing

Rose's Session (1): I was at the house with Jennifer, and we were watching TV. We always have to go watch TV when Mary is taken care of business with John. I was eating and telling Jennifer to be quiet because Mary and John were fighting in the next room because their TV was loud. Then the door opened and Mary ran out. Mary ran fast. John ran after her too. I told Jennifer to run to the room and hide under the bed and I ran too. I saw Mary on the floor and John was on top of her. I ran at John and he hit me. He hit me hard but I should have still gotten up. Then the police showed up and took John away. Mary, Jennifer and me went to stay at the shelter.

Session (2-4): I was at the house with Jennifer and we were watching TV. [Q-Where were you at home?] We were in the living room hanging out. It was a Saturday cause we were supposed to go to the beach. [Q-"What were you watching?"] I was watching the real Housewives of New Jersey. We always have to go watch TV when Mary is taken care of business with John. I was eating and telling Jennifer to be quiet because Mary and John were fighting in the next room because their TV was loud. [Q-Tell me more about that] Whenever Mary and John have the TV really loud it means there's a problem or they're gonna fight about us not making enough money. They always do that. Then the door opened and Mary ran out. [Q-Feeling and Thought] I felt scared, like at a 8. I was thinking "Something really, really bad is gonna happen," and I froze, not knowing what to do. I knew I had to protect

Jennifer cause she is like a sister to me and she is younger than me.” Mary ran fast. John ran after her too. [Q-Feelings and Thoughts] I was really, really mad, now I am a 10. My head was saying “John shouldn’t be hurting Mary and I’m not going to let him. I know if I don’t do something he will never stop.”

I told Jennifer to run to the room and hide under the bed and I ran too. [Q-Feelings and Thoughts] I was scared, still at a 10 because once he hurts Mary, I knew he would come after us. I was also mad at a 10 because this isn’t the first time we had to fight John about us girls not making enough money. I thought “John doesn’t care about us and I won’t let him hurt people anymore.” I saw Mary on the floor and John was on top of her. [Q-Tell me more about that.] He had his hands around her throat. I got really scared when I saw that and couldn’t move for a little while. [Q-1-10] I was scared more than a 10. I felt terrible because Mary was hurt, and I was panicking, I couldn’t move. I could hear Mary making a sound cause she was trying to breathe and John wouldn’t get off of her. She was trying to scratch his face but he didn’t move. He was yelling and cussing and refusing to let her go. I ran at John and he hit me. [Q-He hit you?] Ya, he hit me with his fist in the mouth. I started bleeding cause he busted my lip. I became more angry when I tasted my blood, so I spit at him. Then he hit me again with his fist and I couldn’t get up. He went back to choking Mary. I thought we’re all gonna die.

He hit me hard but I should have still gotten up. [Q-Feelings and Thoughts] I felt weak and pissed off cause I couldn’t stop him and I guess I also felt mad cause I couldn’t stop him. I thought, “I hate you!!!” and “I’m going to kill you!!!” Enough was enough!!! I was done

working for him!!! [Q-What happened next?] I saw John's phone near the table. I think it fell out when he and Mary were fighting. I picked it up and crawled to the bathroom and called 911. John couldn't see me. [Q-Feelings and Thoughts] I was worried now, it was more than a 10 and sad like at a 8. I was thinking "Is Jennifer still safe? I was hoping she would stay under the bed. I also thought Mary is dead." But I called the police because I promised myself if John hurt any of us again I'd call them. Then the police showed up and took John away. Mary, Jennifer and me went to stay at the shelter and that's when I decided I would get out of the life. I am done with letting people take advantage of me.