

## **Author's Note - Because You're A Woman – Jacki Rodikis**

I do not believe that my childhood was all bad; I know there were good times, perhaps when God intervened and placed some light moments in amongst the unhappiness. But the overriding memory is of feeling very lonely and unhappy as a little girl, and then a teenager, struggling to cope unaided with the difficult situation life had put me in.

I now know that there are many other women, far more than anyone could ever imagine, who are enduring the same painful struggle. And it is for these, and for those to come that I have written this book. In reading my story they will learn that someone else has experienced similar pain and despair, and feelings of worthlessness. They will also learn that I have survived – not only survived, but more importantly, now know that I am a valuable person and worthy of genuine love – and my hope is that this will give them the determination to overcome their abuse, hold fast to their healing journey and achieve their true life potential.

For those of you who have been more fortunate in your childhood this book will have given you a better understanding of the devastating effects of childhood sexual abuse. The effects do not stop when the abuse stops. It is a life sentence.

I shall never be able to forget what happened, but I can now live with it, knowing that it was not me that was at fault, not me that was bad, but someone who should have known better.