

The Hook of Hope

It was the hook of hope that made me stay
And would not let me leave
I listened to your words of hope and wanted
to believe
That you were sorry for the hurt and pain
you caused to me
That we would once again become a happy family

But when home is where the hurt is and the
hurting's all the time
I think of how it used to be when you were
warm and kind

So many times you've hurt me but you never
felt the pain
And so many times I tried to leave but it was all
in vain
Never could find the courage, lost my confidence
self esteem
A better life for me and the kids was nothing but
a dream

Did everything in my power to make sure that
all was right
Did all i could to make sure that you wouldn't
want to fight
And for a while it seemed to be that you loved
me once again
You loved me more than anyone that I was your
best friend

But that's the hook of hope at play, once more you
reeled me in
I swallowed down the words you spewed and believed
that I had sinned
A long time since I've been myself seen my family
and my friends
You broke every single vow you made and it never,
never ends

Last Christmas was the final straw 'twas no silent night
for me
Kids presents lying broken beneath the Christmas
tree
And you * were ready to listen even though I couldn't
talk
You helped me to risk assess and to know when I
should walk

The hook of hope no longer binds me to your hurt
and lies
And just like Maya Angelou I rise and rise
And just like Maya Angelou I rise and rise and rise

*Womens Aid

A poem by Mary Shannon. March 2015

Mary works as a counsellor and was inspired to write this poem after she attended a
Domestic Violence Conference in Belfast