

# SEXUAL ABUSE...A SILENT KILLER

## SOPHIA...A LOUD SURVIVOR

*From feeling hopeless as a child to spreading hope with Martin Luther King III*

*Dreams can come true!*

**H**ow far back can you remember where life was innocent and you were care-free about life? It's amazing how I can remember when my innocence died. A piece of me died before I could even grasp that it was once apart of me. I plan on having a funeral once the words of the journey are completed in my book. I'm going to have a symbolic funeral burying the hurt, abuse, loneliness, regret and guilt. I will stand on my grave not live in it. I will stand up for the saying "You're Worth the Wait". It's funny how I used to be scared to tell my boyfriend "I'm not ready" because I was afraid he would leave me or not love me. Boy was I a fool! It's an honor for someone to be with me not the other way around. A man should feel honored to have a virtuous woman and a woman that has standards, goals, ambition and faith in God. I sometimes feel I was cheated out of the "first time" experience. Having my 'first time' making love be with my husband, my best friend and soul mate in Christ. Having my 'first love' be the father of ALL of my children. BUT reality stands that wasn't my first experience. My first experience was wasted on the enemy. However, I do find solace in knowing that God can give me a first time experience with my future love that will shatter the past hurts and fill the voids. My future love will be in love with God and so I know he'll be able to stay in love with me.

**W**ho would've thought that at the age of 29 I would have gone through so much and survived? How I survived could only be accredited to the Man Upstairs. I used to say why have I had to endure such a turbulent life all before the age of 16; but now as I begin to age and gain wisdom spiritually, I realize that this journey of life has just been a stepping stone to what God truly has for my family and me. I can remember many times that I cried and prayed to feel my age for just one day. Not a lifetime but one day. Asking the question, "When can I feel normal, appreciated and loved? Why, can't I stop making the stupid mistakes I know are demeaning me as a woman, as a mother and as a person? Will I ever find someone that truly loves me for me and not what I have

to offer sexually?” This is my life. I’m telling you true thoughts and feelings. After being deceived your whole childhood with molestation, rape, being homeless, emotional abuse and parents that succumbed to drugs you ask the question “WHY”. I didn’t ask for this life I was born into it and I just want to know “WHY”. After a while I stop asking why and started saying “YES” to God. Whatever your will, whatever you have for me to do, wherever you want me to go, just let me know. This is a journey of a girl, young lady and woman who defied the stereotypes and the odds to become a dreamer and a survivor for other women experiencing the storm or other women who are drying off from the rain.

After going through a divorce 2 years ago I realized I’d never really dealt with my past. I realized that I had this preconceived notion that if I didn’t talk about it would just stay in my past but it never stays in your past if you bury it in your present. Writing became my counselor. Getting a journal and writing daily was very therapeutic and fulfilling. I’m able to talk with my words and not be interrupted or judged. This ultimately led to me writing this testimony of my life “Sophia I’m Back”. I’m back with a new confidence, a new determination and a new purpose. A purpose to empower others that they too can survive and thrive! Another way toward my healing was getting someone that I could trust to allow me to tell out loud my story from start to present without interruptions. This allowed me to hear myself acknowledge what happened to me and digest the truth. Once I digested the truth I had to move on with my life. I couldn’t keep hating the people that abused me because it was silently killing me. It was killing my trust in men, people and me. I was sick of going in circles within my relationships and spirituality. Forgiveness allowed me to leave the past behind me and open myself to loving in the future. Lastly, I decided it was time to tell my story to others so that they can be reassured that they’re not alone and their present circumstance doesn’t dictate their future. I spoke all over spreading hope and empowerment. Working alongside Coach Ken Carter, star of 2005 Hit Paramount film “Coach Carter” with Samuel L. Jackson I’ve been motivated to shout my journey from the mountaintops...The Sky is Not the Limit! My message is simple; **YOU** are somebody, you are worth being loved by a true man or woman of God, and you are beautiful no matter what man says. God made you and no one can compete with that. He’s always with us even when you don’t feel His presence. Just press, just cry, just believe that God can and will work it out for you. ***Phil. 4:13 I can do all things through Christ which strentheneth me.***

I'm currently a single mom of three working as the Corporate Market Director for American Heart Association- SCA helping to raise monies for individuals to live healthier lives free of cardiovascular disease/stroke and working with Martin Luther King III through a nonprofit I founded "Empowerment Driven by Knowledge Coalition" where our motto is "Rebuilding Families One Family at a Time". Who would've thought that a girl who from the age of 9 had been sexually and physically abused and homeless would wind up working with a global figure of hope and peace son of the slain civil rights leader Dr. MLK, Jr – Martin Luther King III? Who would've thought I'd be working with LaDainian Tomlinson, Running Back of the San Diego Chargers, and his mother Loreane Tomlinson to bring hope and resources to their home communities, Marlin and Waco? Who would've of thought that I could say I'd worked with various national gospel greats, NBA, NFL and national leaders? Who would've of thought that I would raise over \$2 million dollars for nonprofit organizations within the last three years? Who would've thought I'd be an author, entrepreneur (founding Trustworthy Consulting) and public/inspirational speaker? I DID – I NEVER STOPPED BELIEVING IN MY DREAMS!

**I** hope that this small excerpt from my life will help someone realize that despite your circumstances and the obstacles you are better than anything Satan can throw your way and God can allow you to go through. I'm a living witness that when others count you out God counts. Despite the abuse, despite the lies I believed I would be more than my circumstance. All my days won't be sunshine however I know who controls the storm and rain so I can rest assure that it won't last always. Remember, strive for excellence and settle for nothing less.

To learn more about the wonderful community projects I'm working on with MLK III, LT and Coach Carter or to learn more about help and support for sexual abuse victims please visit

[www.trustworthyconsult.com](http://www.trustworthyconsult.com).