



## What It Is

*Sarah Burleton*

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## **What It Is** Sarah Burleton

I am a survivor of horrific physical and mental abuse inflicted on me by the one person in my life that was supposed to love and protect me and teach me right from wrong. I am a fighter because I did not allow my past to dictate my future and I fought for years to successfully overcome the demons left over from my childhood.

I spent my entire life punishing myself for the acts of my mother. I spent years trying desperately to figure out why she was the way she was and what I could have done so wrong to make her hate me so much. My journey to overcome my childhood demons was difficult and painful; but in the end, I realized that my past is what it is and it was up to me to decide my future.

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