



Unraveled

Danette Belote

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Unraveled is about my journey from abused to abusive and enraged insanity then back to living life on its terms. I have highlighted a few controversial issues and some are crude and vulgar as my life once was, but I made a conscience effort to change who I was and how I behaved toward aggression or being the aggressor. Even though it was trauma that I suffered through and now have Post Traumatic Stress Disorder I find the humor in the telling of my very insane lack of self-control and poor decision making over several years time, and finally I tell you about my adventure in therapy.



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