

Regular Victims: Kellen De Vos - A Haunting Tale of Survival and the Unbreakable Bonds of Family



Kellen De Vos, a courageous mother and author, endured unimaginable pain and hardship throughout her childhood. As a regular victim of abuse at

the hands of her mother, she carried the heavy burden of her trauma for many years.

Kellen's story is a haunting reminder of the devastating consequences of child abuse and domestic violence. Her journey is a testament to the resilience of the human spirit and the transformative power of hope, family, and therapy.



Regular Victims by Kellen De Vos

★★★★☆ 4.7 out of 5

Language : English
File size : 441452 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 69 pages



Born into a dysfunctional family, Kellen's childhood was filled with violence, neglect, and emotional torment. Her mother, a deeply troubled individual, would often lash out at her children, leaving them physically and emotionally scarred.

Kellen's father was unable to protect her from the abuse, leaving her feeling alone and helpless. The constant fear and uncertainty eroded her sense of self-worth and made it difficult for her to trust others.

As Kellen grew older, she found herself trapped in a cycle of abuse. She married a man who, unbeknownst to her, shared her mother's violent

tendencies. Years of physical and emotional abuse followed, leaving her broken and shattered.

Despite the unimaginable pain she had endured, Kellen's spirit refused to be extinguished. With the help of therapy and the unwavering support of her loving sisters, she slowly began to piece her life back together.

In 2015, Kellen published her memoir, "Regular Victims: A Memoir of Family, Justice, and Breaking the Cycle of Abuse." In her book, she courageously shares her story in the hope of inspiring others who have experienced similar trauma.

Kellen's story has touched the hearts of countless readers, providing them with hope and a sense of validation. She has become a powerful advocate for survivors of abuse, using her platform to speak out against violence and to raise awareness about the long-lasting effects of trauma.

Throughout her journey, Kellen has relied heavily on the support of her family. Her sisters have been her unwavering champions, providing her with love, strength, and encouragement.

Kellen's story is a testament to the resilience of the human spirit and the unbreakable bonds of family. It is a reminder that even in the darkest of times, hope can prevail and survivors can find the strength to break the cycle of abuse.

Here are some of the key lessons we can learn from Kellen's story:

- Abuse is never okay. It is a crime that damages the physical and emotional well-being of its victims.

- Survivors of abuse are not alone. There are people who care about them and want to help them heal.
- Hope is a powerful force that can help survivors overcome their trauma and rebuild their lives.
- Family is crucial for survivors of abuse. Loved ones can provide support, encouragement, and a sense of belonging.
- Therapy can help survivors process their trauma and develop coping mechanisms.
- Breaking the cycle of abuse is possible. Survivors can find the strength to overcome their trauma and live fulfilling lives.

If you or someone you know is experiencing abuse, please don't hesitate to seek help.

- Call the National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Visit the National Domestic Violence Hotline website:
<https://www.thehotline.org>
- Text START to 88788 to get help from the Crisis Text Line
- Visit the Crisis Text Line website: <https://www.crisistextline.org>

You are not alone.



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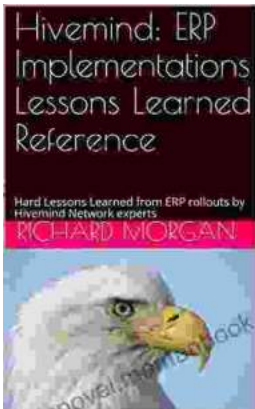
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