

October 2026

Domestic Violence Awareness Month

Welcome and thank you for visiting the Spreading Freedom website. This website has been a dream of mine for many years, and it has finally come to fruition. I am so grateful to all of the people that have supported me in all the different ways over the years as I have navigated my freedom.

If you don't know me, my name is Annie and I am a survivor of abuse from the man who continually swore that he loved me. We were married for 19 years and the abuse began so subtly that I was completely unaware of it, until it was too late that is.

Since gaining my freedom after 19 years of being in that abusive and violent relationship, I have used my voice to raise awareness of this deadly epidemic. My hope is to share my experience and knowledge, not only as a survivor, but also as a dv advocate to help support others.

My freedom finally came In July of 2007. But freedom isn't what most would think: there is nothing easy about it. The trauma of what you have been through along with the fear of having them find you again or not having people believe you, are always at the forefront of surviving. For me when I finally became free, I realized that most of my safety net of people was gone and the few that I did have, I didn't want to involve for several reasons—the main reason was retaliation from my husband, which honestly didn't keep people from being victimized.

The main purpose of creating this page is not only to share parts of my story, but also to create a place where domestic violence/intimate partner violence is discussed as what it is—a form of control along with all of the forms of abuse that go along with that.

My hope is that you will come to understand the complexities of dv/ipv and will be able to support others even if that is just believing them and being able to offer a phone number for a crisis line.

Thank you,

~Annie