

Questions and Answers from Roger, contributor to
[INVINCIBLE: The 10 Lies You Learn Growing Up with Domestic Violence, and the Truths to Set You Free](#)

What has having your story included in INVINCIBLE meant for you and/or allowed you to accomplish?

It's very special to me that my story has been in the book and played a positive role in helping others affected by CDV.

What did you learn about Childhood Domestic Violence (CDV) from reading INVINCIBLE that you didn't know/fully realize before?

Since I was involved with CDV before the book came out, I didn't learn as much about CDV from the book itself as I did about myself.

Does reading the book advance or shift your understanding of what you experienced in childhood and how it impacted you?

It definitely helped give me a better understanding about my experience and validated its impact on my life now.

Did reading the book give you a different perspective on the unlikely gifts earned from your childhood experience above and beyond the scars?

It did. I always felt a sense of responsibility for the situation I was involved in growing up. Now I understand as a child I couldn't have been responsible for any of what happened.

In what ways has your interpretation of your childhood experience and what it means for you, your life, and your future changed after INVINCIBLE?

It has given me extra motivation as a father to do all I can so my child has a better childhood than I did. I also feel I'm in a position that I can use that negative experience in a positive way to help others affected by CDV now and in the future.

In what ways have your everyday feelings, beliefs, thoughts and actions changed since reading INVINCIBLE?

I feel a sense of responsibility to take what I know about myself and the issues surrounding CDV and use that knowledge to help make a difference. I also have the confidence to know that I can.

What Chapter of INVINCIBLE was your story featured in and what others LIES have you struggled with besides the LIE in the chapter where your story was featured?

My story was featured in the “UNLOVED to LOVING” chapter of *INVINCIBLE*. But I used to also feel *HOPELESS* because it was my belief that good things didn’t happen to people like me. But after reading the book, I looked at my life and realized that many good things have already happened and will continue to, so long as I focus on doing what I can to make them happen.

How did your childhood experience negatively affect you?

I felt worthless and as though I had no value. I thought, what good could I be for someone or a company I work with? I used to say I wasn’t any good at all. But now I know (not believe but KNOW) that I have great value, for myself and others around me.

What was your turning point?

When I was at my rock bottom, unemployed, injured, depressed, overweight, and almost homeless, my girlfriend at the time stayed right by my side and we slowly worked our way back up. If she stuck around, I know she must have seen something I didn’t.

What did contributing your story to INVINCIBLE mean to you and allow you to do?

As I wrote in a blog for the Association, how could I not? What better way to move past such a powerful negative than with an even more powerful positive?!

What TRUTH do you cultivate daily to overcome the LIES and how?

Frankly, I try to apply them all. I try to say a positive statement every morning and begin every day with a great workout to boost my *CONFIDENCE*. In my work, I help other children become *FREE* by helping them through their issues with respect to any and all forms of child abuse, including CDV. I have two causes I’m *PASSIONATE* about – helping victims and pursuing fitness. I’m *GUIDED* because I now know my true strengths. I make it a point to be *GRATEFUL* for all the blessings in my life. I try to be more *COMPASSIONATE* for others during their tough times. I remind myself every day of how *ACCOMPLISHED* I am. I’m more *TRUSTING* in my circles of friends and family as well as others who come into my life. I feel *ATTRACTIVE* now instead of horrible when I look in the mirror. And of course, I show my *LOVE* for my wife and boys every chance I get.

Would you recommend INVINCIBLE to others who grew up living with domestic violence or anyone who cares about someone who did and why?

Some books are informative and others are inspiring. Not many are both and this book is THE book that can inform people affected by CDV as well as inspire them to move forward and change their lives for the better. It will become a source of strength for anyone who reads it.