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Breaking the Cycle of Violence

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### Do the Write Thing Essay, 2015

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## Violence

Violence is something everyone experiences in their life. Sometimes more minor, sometimes more major. I've experienced violence throughout my childhood.

Last year in 7<sup>th</sup> grade my mother and father were having a very hard time. There was a really high drug usage between the both of them. My parents got addicted to heroin and that caused conflict in my life.

I was coming home from a friend's sleep over when I walked into the living room to find my mother pulling my father out of the bathroom. His face was purple, he wasn't breathing, and he wasn't moving.

We called 911 and told them what happened to my dad. When the ambulance arrived, we saw an empty syringe on the bathroom floor. We told the paramedics to take a look at the syringe and found out that there was heroin residue left in it. After, they took my dad out of my house into the ambulance when we got a call telling us that they

managed to bring him back to the living. We weren't allowed to see him for months because they sent him to a program to quit drugs after he stabilized.

After my dad caused all that violence, I realized that I had to help out more around the house and to change the way that I was doing things.

What caused violence in my life between me and my father was that life was hard for him. No job, no money, and no actual home. All these things piled up and stressed him out to the point where drugs were the only option.

I what I did was to show affection. Showing a person how much you care about them can prevent violence in the future. After violence, it taught me how to be stronger and what not to do.