



# I Am Enough

Photos and text by Giovanni Capriotti

*Kiden Jonathan is a two-time refugee in Kenya and Canada. She underwent domestic abuse since the early stages of her marriage. Below there is a written recount about how she survived that nightmare and the scars she is still healing from.*

“His hands were around my neck. I could barely breathe. In a matter of seconds he went from a moment of celebration with families and friends to a frightening outburst of violent jealousy. The Christmas lights were fading in front of my eyes but still I had the energy to react, grab his wrists and pull his hands down with all my strength.

## I DID NOT WANT TO DIE.

Shortly after I was able to free myself and I ran fast. I wanted to cry but I knew I could not. Around me I heard the voices of the people at the party. Some of them called my name. I went by without stopping. I walked out of the building and the night swallowed me like that time in Kenya when he refused to take me to the hospital. In that occasion I had to walk in the darkness of a dangerous neighborhood and once I made it to the emergency room I was immediately diagnosed with pneumonia. I should have left before. I should have cried loudly the first time back in Sudan, when he did not allow me to buy a new pair of sleepers. I was ashamed in front of my friends. I had to walk in the mud and I could not go to church.

Canada welcomed our family. I worked hard to become a nurse, still he could not accept the fact that I was making more money than him. In my mind I have always thought that he would have changed. He did not, at least until I stopped running, called the police and he got charged with physical assault.

## I STILL WOULD LIKE TO EXPERIENCE THE JOY OF A FAMILY.

I spend my days working on my confidence. I have always been told that I was not great and rarely OK. My former husband's main concern was to keep me busy with kids in order to make me stay home and have less people in my life. Sudanese men have a hard time with western standards. The majority of them cannot cope with the dynamic freedom women have in Canada.

At this point of my life my main struggle is to become an empowered individual and determine my new path without losing the trust and affection of my kids. I stay positive and I never did before. The Lord and my faith will be the lantern on my way and will help me healing.”

Multimedia: [www.giovannicapriotti.com/iamenough#0](http://www.giovannicapriotti.com/iamenough#0)



**Top** “I have been a refugee twice, once in Kenya in a UN camp and eventually in Canada. All my struggles to escape war and poverty have always been shadowed by my former husband’s psychological and physical abuse.” Kiden Jonathan

**Left** “The Bible is my most loyal companion. Everyday I read the Lord’s word. It helps me focusing on my path and look at my struggles from a different perspective. I go to church every Sunday. The Bible study is a pillar of my faith. Answers can be easily found. I need to open my heart more.” Kiden Jonathan



**Left** “I am not scared of the loneliness. I believe I have always been alone in my marriage, but still I dream of a happy a family. I always did, that is why I got married very young. OK it didn’t work but I don’t want to give up my dream. When I first got married I wanted to leave my parent’s house. I needed to be independent. My family has always lived in harmony therefore my idea was to recreate the same atmosphere with my husband and children. That was always impossible. I was never enough for him.” Kiden Jonathan



“Every other Saturday I attend an empowerment seminar called Women On The Go. I recently completed a shelter program. This time I made it. There is no way I would get back with my former husband.” Kiden Jonathan



“I have been unable to report my former husband’s abuse for years. Maybe I was too caught up by the idea of losing something I never enjoyed. My soul was torn and screaming for help.” Kiden Jonathan