



This is my story

VALARIE'S STORY

Hello! I'm Valarie Hurst and I'll be your host on the Valarie Hurst Show airing on KVQT 21 Houston. I'm a native Houstonian of 40 years, (8 years living in Sunny Florida near the gorgeous beaches), a wife to Rick Hurst of 17 years and a mother of two incredible young men ages 17 and 27.

I never expected to be in television, but when I look back at my lifetime, I can see why I was strategically placed over the course of my career, to bring me to this pivotal moment. I've always been fascinated with people's stories and making that one on one connection with them.

I believe we all have a story within us that needs to be heard and what greater time in history to tell it in a way that inspires, empowers, motivates and brings positive change in the world.

My big mission in life is what gets me up every morning and compels me to keep moving forward. The why behind my brand is to help women who have endured trauma from human sex trafficking or otherwise sexually exploited. A portion of the proceeds from the Valarie Hurst Show will go towards building a safe house for these women, to an approved 501 C 3 non-profit organization I founded in 2008.

**You can learn more about the organization here:
<http://ibeyondtheveil.org/>**

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My dream of building a destination spa for hurting women all started with a "Personal Awakening" in 2006, after years of struggling with my own pain from the past.

My young life began with coming from a broken, dysfunctional and alcoholic home, followed by several years of verbal and at times sexual molestation while growing up. The often tragic stories we hear of families dividing is how mine began. It was the beginning of a web of deception that formed a false identity about myself. Uncertain of this new blended family life at a young age, I made the best of adapting to it. As time went by, my abuser began with the often used tactics of "Coercion and Manipulation" as a means to control me.

The foundation was being laid for further control. At the age of 12, my abuser did the unthinkable and molested me in my own home while my mother laid in the hospital recovering from a serious back surgery. Grippped with fear and filled with shame, I was unable to speak of what happened and for several years, I held in all of the hurt and pain. As time went by, more incidents began to happen, but from other abusers. Most of the incidents were inappropriate touching that left a feeling of violation and more shame.

As I grew into my teenage years, I felt more and more worthless and ashamed, which led to promiscuity as I sought for affection and love. I had all of the signs of a classic case of a young girl who was violated. When I was old enough to work, one day I responded to an ad in a local newspaper which appealed to me because of what it read about working in a "Spa."

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I hopped in my car, made the trip and walked in to apply for the job. Upon walking into the place, it didn't quite look like a spa. I Noticed the furniture and surroundings looked rather uninviting... old tattered couches in the lobby, a rather large sized man sitting at the reception desk with a gun in the safety box... everything inside just looked dingy. I was taken back and shown the dressing rooms and then the "spa" rooms.

I was given instructions and told what my job consisted of. Suddenly, fear consumed me. I would have to undress in front of clients and provide "services" to them. The two women and man at the reception desk continued coercing and manipulating me into the job. They went as far as calling in one of their male "clients" to ease me into the job. Now, I was terrified!

Gripped with fear and intimidation, I was trying to figure out my exit plan as I knew this was not the job for me. After getting out of that situation, I never looked back. Later in life, it became clear why I have been called to help women out of spa's, brothels and other sexually exploited situations.

After six years had passed by and the verbal abuse in my home grew worse, my mother filed for divorce from my abuser. Once the separation took place, I finally felt free to tell my mother what my abuser had done to me. This was the beginning of healing for me. Although I was finally able to verbalize what happened, there was still an undoing of false mindsets about myself. Still plagued with lies about my identity, my life began to spin out of control as I continued to cover up the hurt and pain with other things such as alcohol, drugs and further promiscuity.

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When I was 18, I found out I was pregnant. I was terrified and I felt as though I had no one to turn to. Still gripped with so much shame, I terminated the pregnancy because of fear of what my father would think about me being 18 and pregnant, and ultimately rejecting me.

After all, I had always been a daddy's girl and was petrified of disappointing him. With a distorted perception of what my father would think of me, I spent the next several years with even more shame than before. By this time, my life was spinning downward and out of control. I felt as though god would never love me again and had turned his back on me. I honestly believed I would spend eternity in hell. This is the type of religion I was exposed to growing up...that god was unforgiving and angry.

Although this was not the best decision at all for myself, at the time it felt like my only option. I want young women and women to know, you do have other options. You can have women come along side of you to support you and love you through the process of choosing life for your baby. We must stamp out the stigma to remove the shame and guilt associated with this kind of decision.

As more years went by and the deception about myself grew worse, I thought maybe settling down into a marriage would make things better. After entering into this marriage and having a child together, I began to experience further abuse both verbally and physically. It seemed it was starting all over again. After learning my husband at the time was having affairs and struggling with drug addiction, I ended the marriage in divorce after only a year and a half together.

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This again started the pattern of self-abuse because of all of the trauma and pain I held inside. Still looking for love, I sought it in all of the wrong places, not knowing a loving god was there all along. My pain had grown so deep that it became a breeding ground for self-destruction. Alcohol, drugs and further promiscuity was in full effect in my life and at this point, I had become numb to all of the pain. Not caring about anything anymore except for my baby, I was trying to make ends meet now as a single mother working two jobs.

I had also worked a full-time 9-5 job where I was being sexually coerced and manipulated by my boss. In the beginning the "glitter dome" was being used as an entry to lure me and eventually control and manipulate me. It was yet another situation of abuse. As you can imagine, the home I grew up in where I was constantly torn down, I had very little self-esteem left.

I reached a point in my life where the emptiness was unbearable and I felt it was time for a change. In 1995, I packed up my belongings and moved my baby and I from Tampa, Florida back to Houston, Texas where I was born and grew up. Once arriving and settling in, I had a specific request for god about sending me a future husband. A few months later, my request was granted. He is my knight in shining armor and has truly made me feel like a queen throughout the years.

However, after marrying in 2001 I began to see how much of my own pain I had brought into my marriage, thus in 2006 began the healing and restoration process for us.

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Today, I'm thriving, happy and living a life full of purpose and meaning now. I've learned the power of embracing vulnerability, standing in my truth and telling my whole story. I know my past doesn't define me, rather it has shaped me into the woman I am today. I'm forgiven. I'm healed and I'm whole.

My deepest desire is to help women who have endured similar situations, to be free from these negative patterns so they can live a life full of purpose and meaning too.

Every 98 seconds an American is sexually assaulted. On average, there are 321,500 victims (age 12 or older) of rape and sexual assault each year in the United States.

I've discovered most women struggle with inadequacy and not feeling qualified due to their own hurt and pain from the past. Unless we address the underlying issue, it continues to repeat as cycles and patterns in our lives.

This is why I've made it my life's work to help women heal, get unstuck from these cycles and empower them to fulfill their greatest purpose in life. I've made it my mission to take a portion of the proceeds from the Valarie Hurst Show to go towards our 501 (C) (3) building project that will provide housing and healing for young women who have been sexually exploited and violated.