



## Kris Pedretti

Interview with Kris Pedretti Who was The 10th Victim of the Californian Golden State Killer! After 42 Years of Suffering in Silence, She is Finally Able to Heal

**INTRO:** Hello listeners, welcome back to the **“Victim 2 Victor”** podcast. In today's episode, I have Kris Pedretti on my show. Chris is a rape survivor and the victim of California murderer and rapist, Joseph D'Angelo, also known as the Golden State killer might change in an instant for Chris when at the age of 15, the Golden State can have crept into her family home and bridge view raped her for hours. He was finally caught when police teamed up with a genetic genealogist who was able to use DNA data in genealogy websites and eventually link it back to him. This capture Chris Felton for the first time she was on the road to healing. What she found was that the real beginning of her journey of healing wasn't his capture. It was the fact of saying out loud, this happened to me. So freeing and started her journey to recovery. Listen on to this remarkable story of recovery, and how she is now inspiring many other survivors to gain confidence, to share their stories.

**Anu:** So I have Kris Pedretti on my show today on the **“Victim 2 Victor”** podcast. How are you today, Kris?

**Kris Pedretti:** I'm great. Thank you for having me.

**Anu:** On. I know, it's been such a pleasure. And I know that you've got a very important story and insight to share with the world. And for those of you who don't know, Kris Pedretti, she is over the internet. Because she obviously is a woman who has been from tragedy to triumph. And you'll see that, you know, she reveals her path to healing after surviving and attack from a serial killer, the Golden State killer. So Kris, I understand that, you know, you've obviously had a journey of success, where you've been in helping many of the survivors, but just be good to what we see get your insight about what exactly happened. And also, you know, where you are today.

**Kris Pedretti:** Okay, that sounds great. And yes, I, you know, I have been on this journey for 42 years, and only in the last couple of years have, I really been able to make some great progress. So I'm excited to share my story and hopefully adds some support for your listeners as well. So I was just 15 years old. And you know, as a 15 year old, you know, your worlds pretty small. So it was a week before Christmas. And that's all that was

on my mind Christmas shopping, baking cookies, you know, all of the normal things you do before Christmas, and my parents were going to a Christmas party that night, and they left probably at 6:30, you know, wasn't like my sister was at work. And she'd be off by nine. And so I thought it was great that I got to be home alone. And my girlfriend came over, we were you know, just doing girl stuff. And she had to go home because her mom wanted her to make cookies. So that just left me home. So I popped a pizza, frozen pizza in the oven. And I started to play the piano, just probably Christmas songs. I'm not sure. But shortly after that, within probably minutes, I felt like there was something kind of in my peripheral vision that was kind of moving quickly night. I look trying to like what was that? And before I can even turn my head I had a knife at my throat. And a masked man telling me that if I screamed, he would push the knife all the way through my throat and he would kill me.

**Anu:** Okay.

**Kris Pedretti:** And so you know, at that moment. Honestly, I like to refer to it as I kind of turned into a robot zombie, right. Like, I just did what I was told. And I think I probably went straight into survival mode. So I just followed orders. And he took me outside or tied me up in I don't know what the weather is in London at Christmas time. But in California, you know, and you know it's cold. Yeah. And he cut my clothes off and I sat outside a picnic bench while he was back in the house, I could hear my pizza timer going off. And he was just ransacking the house and cussing and you know, damn it, and then just, wow, I don't know what he was actually doing. But then he came back and got me. And then he pulled me back in the house to my parents' bedroom and raised me on their bed. And I had no experience with sex, you know, at 15. And so I, I really didn't know what was going to happen next, you know, and he took me back outside, and then he did some more ransacking, probably sealing things inside the house and then pulled the back into the family room This time, then back outside then one more time in the house, and then became very, very quiet. And at that time, I thought, oh, yeah, like he's gone. And so I moved, but he was right there. He just one of the things about this golden state killer Joseph D'Angelo is he is very quiet still, like he could he could stay crouched for hours waiting, you know, so you don't know when he's there. So, of course, the knife was back at my throat telling me to not move and I'm just talking, I'm tied up and gagged. So I'm talking like my elbow moved, you know, like she's watching. Wow. And that happened twice more. And at one point, I thought he had set the house on fire, and I was gonna burn. But he had actually just turned the fireplace on and rearrange the furniture. So where I knew the couch wasn't anymore. So I thought the couch was on fire. But it was just next to the fire. But you know, I wouldn't know that until, you know. Yeah. And now, five minutes later, when I didn't catch on fire, I realized that, you know, you just are disoriented anyways, when you can't see anything. Yeah. So finally, I just decided, you know, I kind of came back from that zombie mode and decided I have to get up if this is if he's still there. So be like, I can't, I can't do this anymore. So I guess at that point, I pretty much accepted that I was going to die. And but he wasn't there. And so I was able to kind of hop I couldn't get out of the bindings, but hop over to the door to make sure it was unlocked so somebody can get in. And I thought I remember thinking, Man, if he comes out of

a room that I've done, nothing I can do. But he was gone. And my neighbor's came over and rescued me and called they called the police. And you know from there, the next part of your traumatization starts, right? The police and then I don't know where you are if you have rape kids, but then the hospital and yeah, that's just a horrible experience from beginning to end where I believe most victims feel re traumatize, you know, through that next important step if you choose to take it, but.

**Anu:** How is it still sharing that story?

**Kris Pedretti:** You know, it's a little bit emotional, but if the more you share, the more it gets a little bit easier to tell. Yeah. And I had some incredible trauma therapy. And that really, really helped. She used a technique called brain spotting. Have you heard of that? Or EMDR? EMDR. Yeah, yeah. And that really helps to desensitize. It doesn't make it go away. But it keeps the triggers and like the flashbacks. Were under control.

**Anu:** Yeah, yeah.

**Kris Pedretti:** Yeah.

**Anu:** And I guess that's funny is when it comes to PTSD is the flashbacks, you know, it's, it's just things that will remind you of him. I guess, you know, your home as well. I mean, how was it going back home once that happened?

**Kris Pedretti:** I don't remember to be honest with you. I think I was just in shock. And my parents, you know, as many people's parents I don't know why I choose to think they were just trying to protect me. But we were we were ordered to never talk about it. So that and I never did so that day. Two days later, I went to church camp, okay for four days, you know, like nothing happened. And, and thinking, oh my god Christmas. So my sister who's two years older than me, we did not talk about it until 2018. Wow, believe it or not even sisters we told us not to talk about. We didn't talk about it. So. Yeah.

**Anu:** Oh my goodness. Yeah. Because all of the, you know, new news articles on the internet, they're all pretty recent. So, yeah, so there would have been quite a few years that were you were just kept in silent.

**Kris Pedretti:** 42 years

**Anu:** Wow.

**Kris Pedretti:** And I can I can say this, you know that. Silence doesn't make it go away. And silence. Even if you don't communicate it verbally, your body will communicate distress and your that you're exactly right, the PTSD, the, you know, the triggers. And for some people, they don't want to go anywhere. They're afraid to go out. Some people don't ever want to have sex. Some people have. Yeah, they're promiscuous. You know, like, it just really hits. It affects bodies differently. And I know for me, I did not even understand that I was acting. Probably not normally. Because, you know, I didn't have anything to compare it to. And it's, uh, you know, the best way I can say that. And I think many of your listeners who are Victor's would, would agree that you just you just get through day by day, like each day, is a day that you've survived the best way that you can. And because I, again of my age, I knew that night, I would never be that person again. Christmas would never be a good memory for me again. And I knew that what I did the day before, wouldn't heal, right? Ever again, because I was trusting and I was innocent. And I was, you know, really a child. And but I didn't know how to be anything other. So I was kind of stuck in this who am I? Place for a long time, and

that because many failed relationships to marriages. I kept quitting jobs, all these things that I now know as PTSD, but because I never got any help. I had no idea that what I was doing was strange, and the nightmares and all of that. And with no support, you just start to accept it. And until the day you find out that there's hope, which is why I'm here.

**Anu:** Wow. And how long after that? Did they capture this evil man?

**Kris Pedretti:** 42 years later?

**Anu:** Oh, my goodness.

**Kris Pedretti:** Yeah. 2018. April 2018. They had caught him. And it's funny, because people ask me a lot like, hey, how were you so happy to release? And I say, no. And they and they look at me. Like, what? Why? Like, what more could you want? And I would look because people you know, like, that's the end of the story. Because it's always the end of every TV show cares about after right. Let's just get a nice weekend. In reality. That's just chapter two. Yeah, yeah, I convinced myself that he was dead. And that's how I could, you know, that's how I can get through your day because he, you know, we kind of knew he must have lived in the same city because everything was right around here. And so when he was caught, it was like, this monster had risen from the dead. And I was on a business trip. And I got I got a phone call. So none of my support was with me. I was beside myself in a hotel room. And it was I you know what, I went right back to where I left off at 15. I started shaking uncontrollably. I had, I felt like I had to escape, but I didn't know where to go. I couldn't decide a simple decision. Should I take a shower? Or should I just get on a plane but I couldn't even dial a phone. And you know, what was going through my head was like, What if I know him, I'm going to see a face now. Like, in three hours. I'm going to do a press release. And I'm going to be looking at this person who was faceless.

**Anu:** Was horrible.

**Kris Pedretti:** Yeah, yeah. So my boss, I finally made it down there and she actually made all the arrangements for me and just got me on a plane and I flew home crying in the hallway. I think that I was in the middle seat right last seat and the two gentlemen on either side of me just didn't quite know what to say or do I just act like this person is not falling apart next to me. It was very awkward. But you know, I got Holloman. I didn't know him. And he's just disgusting.

**Anu:** Yeah, what made man? Exactly so yeah, I was gonna think because when you adopt him, is that all your fault? Just discussed?

**Kris Pedretti:** Yes. Gross and discussed.

**Anu:** Yeah, awesome. And I just looking at his images, he looks like a very big man. So that would have been quite, you know, traumatizing for you at the age of 15. When you're just a little girl. Just having this big guy over you is horrible.

**Kris Pedretti:** I don't remember that. That's kind of when I just went but what was you know, and still continues to be trigger. And I don't think he was that big that like he gained a lot of weight. He could lose weight. But he was a cop. So yeah, he was cop. So I and I never realized until he got caught. I why I was just so nervous around police officers. I mean, there was a theory that that he was a police officer. So obviously I'd heard that. But to this day, if a police officer were to walk up to my door, I even now more

I'd be terrified, because we know that there are bad cops out there. And I experienced one of them. So just because they have a uniform on really doesn't mean I'm not what it should mean. Right. So they're not always out to protect and serve, serve and protect.

**Anu:** But yeah, it's a job, I guess. You know, it's not like they're angels of any sort. This is a job which pays them. Now it's interesting why they called this golden state killer, the ultimate bogeyman. Strange.

**Kris Pedretti:** Well, I think they called him that because this like I said, he could stay crouched for hours, you know, he would stop you. Well, he didn't stop. Just me like he was sucking neighborhoods. And when the opportunity arose, he took it. But he could definitely just like sitting right next to me, you just never knew he just came out of the blue. He just would appear. And, you know, and after me, you know, I was I was the 10th victim. And I think around the 16th, he started to attack couples. And the poor men would have to lay with his hands type of dishes on his back. And if the if he tried to get out, they would fall off. And so in he would be telling you know, the man, I'm going to kill your wife and I'm going to tell you and then of course from there, he actually went into murdering people. Yeah, he's a bad guy,

**Anu:** Please. Yeah. So I'm really glad that they caught him. But it just seems like there would have been a lot of incidences up until that time that he was caught up in which really saddens me because he was he was getting away with it.

**Kris Pedretti:** Mm hmm. Yeah, actually, he was getting he was a cop show. He got arrested for shoplifting. Go dog repellent. And hammer, I believe.

**Anu:** Okay.

**Kris Pedretti:** Yeah. And my personal feeling is he needed to shoplift it because this is his way of not getting you know, him thinking it through that they could never trace this back to me, you know, yes. He didn't own it. Or there's no, but yeah, no, they caught him and he got fired after that.

**Anu:** Wow, goodness. Yeah. I had for shoplifting forget about all the other incidents. **Kris Pedretti:** Yeah, exactly.

**Anu:** Oh, wow. And it was just yeah, because you know, just looking at your image of you in tears, you know, it that saddens me as well and I can just see it in your eyes how, you know, you really want to be out there inspiring other victims. So tell us where this journey bought you.

**Kris Pedretti:** So, you know, once he got caught, I would say I was just in survival mode and little self-destructiveness going on there. And then when he got caught, like I said it. That part of the journey took me all the way back to the night it happened. And I started getting all the triggers and panic attacks and terrible nightmares and I thought I had to quit my job. I cried all the time. And I think it was needed, because for so long I had kept it in. I told my family, my sister, you know, uh, well, she already knew, but we spoke about it openly got the police report. So I was able to read everything that happened to me. So it was a very, very vulnerable time. And we have a thing here called the victim's Compensation Fund. And they actually paid for our therapy. And so I found this amazing trauma therapist, and I went to every single week, for two years. And it was just, I call it heavy lifting, right? It's like, every time, I just didn't want

to go back there. Because I knew we just had a lot of work to do. But from there as I began to heal, and as I began to tell my story, it really helped with the support that we received. And we did receive a lot of community support because the Dangelo, I will call him, that's his last name, Joseph Dangelo. He terrorized this tire community out here, people, like people would sleep in shifts, people would hang things by their windows so that if anyone tried to get in it would you know, like a wind chime, it would rain gun salesman all the way up, everybody was walking, or changing their locks or helicopters was a big thing. And nobody felt safe. No one. So yeah, he really terrorized many. And anyway, so as I healed, my therapist kept telling me you should write a story. And I, I don't want to write a story like I, because I started a journal, and I never wanted to go back and read it. It just, it was just not good memories. So I said, but maybe I could tell my story. And so at that time, TV station, had reached out and asked if I would like to tell my story. And that took so much courage. Because I was so scared. But that was the beginning of my way of telling my story. And I got a lot of comments. So from there, I decided, you know, what, there are so many women that did not get the support that I had. And so many women that have been holding this for so long, because of so many reasons. They don't, they may not be believed, or it's a family member that assaulted them, and they're afraid. They think it's their fault that they've been shamed. You know like, I'm sure like, there's so many reasons. And I thought, I need to give a safe place for these women. So I started a group, and it's called sexual assault survivors, it's time to tell your story. And I thought, how is anyone going to even find me? You know, and but they did. And I'm at about 600. And there are many, many advocates, you know, like the people that had been affected in the community, or maybe someone knows somebody that was assaulted, and they want to know how to be a better support system for them. And then, of course, so many victims, we had one that said that she had spoken about it in 62 years. And so that is where that led me and where I'm at now with the group is trying to provide a safe place. And anyone can join. And it is private, though, like I have to accept you in and I do protect all of our vulnerabilities. If you know, if there was ever anything that happened to get out of line, I would take care of it. I'm on it every single day. Yeah. And then from there, because COVID here, the status, they're allowing us to see each other outside. So I have its called UBU. And that's once a month and people come in person and have a large yard. So you know, we're, we're safe. Everybody has to be vaccinated or show me a negative COVID test. But we have different speakers and we have brunch and we meet each other for the first time and there's a there's an opportunity for everyone who wants to to tell their story at the end out loud. Or for those that didn't report or they didn't get their cases. Prosecuted, you know, they said there wasn't enough evidence or whatnot. We get the opportunity for people to tell their victim impact statement if they can because it's very healing. So we do those once a month. So right now that's what I'm personally doing, you know, with the group and I'm also reaching out to people as yourself to get the word out that their support to just you know you don't have to be alone and it is so imprisoning and isolating to put yourself in a cage and so afraid to go out and live your life because we still have so much life left and no one has the right to take that from us.



**Anu:** Absolutely. And I and I think when it comes to actually sexual crimes as well as to worse because, you know, they're taken away innocence is such a young age. I mean, I just feel that that is the worst crime. I know, you know, you can't really you know, compare different clients because they're all as bad as each other but I don't know there's something about sexual crimes which really vote for me it is traumatizing. I guess.

**Kris Pedretti:** Yeah, it's, I think we live Sorry, I think we live in a kind of a rape culture. And, you know, it's here that the only speak about here it's very normalized. And it's, it's really up to the woman to protect yourself. No one says to the man, he just don't wait. It's women, like don't wear short skirts, or Take the keys and your twin your fingers when you go to your car or don't stay out too late. And don't flirt or why did you let him in? And no one looks at the man. And the right jokes are ridiculous, right? And TV shows, you know, it's all it's all normalized. And so that's what we do put ourselves in prison, and then and then then we don't trust anyone, because we're afraid to say anything. But if we all if three out of four women don't report, and I think it's one out of six women will have an attempted rape or be raped in their lifetime. Imagine if everybody's voices came together. And we broke out and said, some get this, we know that this isn't our fault. We know this is the culture, but we don't have to accept that. Imagine how powerful that would be?

**Anu:** Yeah, that would be when they, I guess it's educating the men, the boys, you know, as parents, we should be educating our boys and just, you know, building their self-esteem, because a lot of the reason why people go and commit crimes is because they're lacking within themselves. And, you know, they want that power. They want that control. And so they get that by overpowering the victims, you know, and it feels good to them. You know?

**Kris Pedretti:** Yeah. Well, and I think also, you know, the educating by the parents. I mean, I do think that's important. But so many people are victimized by their parents, they are not going to get their education there. They got to get into the schools, you know, what does consent mean? And no, you're not really being popular. I remember when I was younger. Oh, did you make out you know, like, that was a thing. Yeah. And that's how boys became popular boys became popular and girls became sluts. I mean, it just cries. Exactly. I know. I think that's the culture we live in. And that's what these kids are growing up in. It's not just the parents. It's everything that's around them.

**Anu:** Yeah, but I do think times are changing now. Because I see it. I just feel that girls are a lot more empowered these days. You know, and, boy, I think boys are probably getting left behind.

**Kris Pedretti:** Yeah, and they need they need that education.

**Anu:** Yeah, it's yes. Oh, yeah. Sorry.

**Kris Pedretti:** No, that's okay. You're fine but...

**Anu:** Yeah, go ahead.

**Kris Pedretti:** Oh, I was just gonna say it's the boys that need the education.

**Anu:** It is. Yeah. And I think, you know, you're right. It has to come from the school setting and home setting. So yeah, and more needs to be done on this to change our world to change our future our kids futures. Because yeah, this can't continue. And I mean,

you know, I suppose the COVID locked down now there has been increases of, you know, pedophilia, because that's been a lot. You know, everyone's been at home. And, you know, I think it's obviously made the pedophiles, you know, worse because they've, you know, they're not able to get out. So that's basically just been, you know, using that time upon their kids or grandkids. And, you know, there have been reports out in the UK I'm unsure about the stats in the States. I don't know if you know much if there's been much released about that in the States.

**Kris Pedretti:** I haven't heard anything. That doesn't mean it hasn't been out there. I just don't feel like we talked about that, like, so like, nobody wants to hear it. You know? Yeah. Yeah. It's sad. Because if you hear it, excuse me, you have to address it. Yeah. And, and I feel like, and these are things I actually hear, you know, this wouldn't happen in my neighborhood. Or no, we're in a safe area. And there is no safe neighborhood or safe area. I mean, assault people that assault are every there. Oh, my gods are priests. Right? How much should we hear that?

**Anu:** Goodness.

**Kris Pedretti:** Lawyers, doctors. And so they're, you know, I remember the, one of the first times I spoke out, and a TV station was coming here, or it was it was HBO, I believe. And my own neighbor told the other neighbor that look at her, she just wants attention. That's why she's doing all this.

**Anu:** That's awful.

**Kris Pedretti:** Yeah, but that's our society. No one. No one wants to think about it. And today, and if anybody else has ever heard that, the answer is you're Damn straight. I want attention. I want people to know about sexual assault and to be able to be especially for women, and for men that have been assaulted to not internalize it to reach out their support, people get therapy, like, I've wasted four decades of my life. And I plan on living a couple for decades. So you know, I'm going to live them, but I wouldn't have if I didn't get the support from people in my group in my community coupled with the therapy, and they kind of went together. But no, I would still, I would still be just surviving.

**Anu:** Rather than thriving, which is why I see today upon you. I mean, you know, and I can see that, you know, you really want to make an impact out there. And I just wanted to ask, you know, what is the first thing that you would recommend for my listeners, for somebody who may have been sexually assaulted and they're suffering in silence?

**Kris Pedretti:** I, my first thing to do is to find support, whether it's through a group like mine, or a friend that you trust, I have found to tell my story was the absolute most scary thing I've ever done. Because I, I had just been told, never tell it. And when I did tell it, there was like, a sense of relief. You know, I'm a little bit of panic, Oh, my gosh, because once it's out there, it's out there. But, but then the love came, and the people that don't love it, I don't need them. And I know that now, because I've got 600 people every day, pretty much telling somebody or myself that that they love me and that there's hope. And most people that do join, I'm gonna say a group, I can just really speak from mine, but I'm sure it's the same. They don't say anything for a few months. Like, no one's called out, you just read. And then usually someone will say, I have a star, but I'm not ready to tell it and oh my gosh, everyone's like, that's okay. It's your



story. You own it. When you're ready, we're here. Like, there's just no judgment. Because I don't think you can shed that isolation. And the secret by hiding from it, like it's not going to happen, it will just grow. And there is a lot of hope. And, and it is not your fault listeners. You know, it's not your shame. It's not your blame. It's his. Yeah, and only his. So it's okay to talk about it.

**Anu:** That's beautiful. And yeah, and I couldn't have said that better myself. Yeah, so definitely, like the number one thing that anybody out there should be doing right now is to seek a counsellor for best, even if it's just pick up the phone to a trusted family member or friend. Just share your story. I mean, you know, a lot of my healing came from writing so, you know, you might want to just start writing about it. How about yourself, Kris GHD How have you written about this in a book of.

**Kris Pedretti:** No, no, I tried writing and I don't know, every time I've written something, I don't want to go back and read it again. But speaking of you just really touched on something, I did a presentation and it's on my site, and it's on YouTube. It's whether or not to tell your story. And in this presentation, it talks about the benefits, and it talks about the drawbacks, you know, like, yeah, once you say it, I mean, you don't know how people are going to react. What's my next door neighbor? Right. But that's just something you have to look at. And be ready for. And, and then it also talks about how to choose who you want to tell. And part of that was the how to tell like you just said, you, you wrote. And I'm assuming this podcast probably has a lot to do with your healing as well. Right, reaching out to others. I have a friend that is a musician, and she wrote a song about survivors. And she's a survivor. She played it at one of our hidden branches. I have a shed, so it doesn't take much I have I have a rotting shed that yard. No, it didn't. It was ugly. So one day, I decided to paint it. And then and preview again. And then I thought, No, wait, I'm going to, I don't even know how this Teach me. But I'm going to make a tree. And it's going to be my healing tree. And so everything on this tree has something to do with my journey. Like, there's a face with, you know, like masking tape over their mouth, you know, like, silence, and there's a bird in a cage. And then there's a bird flying away. And there's, I mean, it's filled with air, it's really healing, I start there and paint. And then it has like, it's got the day it happened, you know, big fireball. And then it's got like little add leaves. When I feel like I'm getting past a certain point, I'll go add some leaves. So my goal is this tree will cover up all of that at some point. And then the top of the shed is for survivors when they come over or anyone to write messages to others. And that is more healing for me than writing. Yeah. You know, another gal sent me a book she draws, and she had been paying attention to what people had said, and she had made an illustrated book with all the phrases and comments that she had heard that has meant a lot to her. And she sent it to me on my birthday. And she's out in Illinois, which is far away from here, and Midwest. So, yeah, I think I'm sorry, I'm talking too much. I just we just touched on something that was Yeah, no, it's all important.

**Anu:** Yeah. And I think you know, the message of that we're obviously delivering here is the fact that you find your own ways to express your hurt and your pain, you know, a lot of musicians and artists, they find that through their craft, you know, they like songwriters, and a lot of songs over and out of pain, you know, an artist as well, you

know, you'll find that a lot of the best artists, they were loners. And so they express themselves through their art. And I guess, you know, when it comes to creativity that has to do with belongingness, you know, that they found that belonging and through their work, and I guess it's the same with yourself?

**Kris Pedretti:** Yeah, yeah, definitely. Yeah. And so kind of bottom line is to tell your story doesn't mean it has to be out loud.

**Anu:** Yeah.

**Kris Pedretti:** Do it however you want to do it.

**Anu:** Exactly. Yeah. Oh, I love that. Thank you. So where will we see you go from here. Chris, what's your plans for the future?

**Kris Pedretti:** Well, I want to take my understanding a little bit further. So I actually visited our police department last week, and they have there's a great podcast out there. It's called after the assault. And it really goes into like, the evidence and how our cases cleared and they've got victims. I heard that. And one of the things they had said is that things are changing. And now like for the interview room, they have a soft in a room. And I thought you know what, I need to learn more about where we are now. Yes, I remember what it was like then. So I went down and met with the detective and sat in a room beautiful and in that discussion I had asked you know, do you train your detectives? Do they hear from victims say do they more than how to write a report. And she said, yeah, we do yearly trainings or twice a year, but we don't have any victims. And I said, I would love to come speak. So I now long with the group and the therapy that I had, I am definitely in a place where I'm not going to stop. So I would like to be more of an advocate and, and give back to the community that I live in. And, you know, keep working for people to feel safe. And, and trust, you know, and so whatever, wherever that takes me, that is where I am going next.

**Anu:** Wow. And yeah, we're looking forward to seeing more of you. Because I know your journey is probably only just begun, right?

**Kris Pedretti:** I think so. I do think so. Yeah. Oh, that's 2019 I believe just went all the started, you know, after I had enough therapy, support to feel like I could offer anything. And it was 2019 at that point.

**Anu:** Yeah, it was good. I guess it's similar with me is it took me like a decade of working on myself and healing and trying to discover who I really was, until, until I was able to share my story and to be here today.

**Kris Pedretti:** That is really interesting. You said that. I mean, I'd like to I know, this is the interview for me. But you know, what did you say it took you a decade to kind of find who you were?

**Anu:** Yeah.

**Kris Pedretti:** Yeah. And that I think that really hit me. And you said it, like you said it really well. Like, you're not who you were before, you have to find the new you? How did you do that?

**Anu:** Wow, I did that. Again, I think we do share similar paths where I've had many failed relationships and one divorce. And it was only really when I became a mum, I discovered love, because I never knew what love was, you know, I just never understood what love was. And obviously, I hadn't, you know, have unconditional

love for my child. But I think the number one person that I needed to love as myself and, and that took me ages to try and understand because every time I looked in the mirror, I hated myself. And it was like, he said, look at the Oh, you know, I need to change that I need to change that. You know, this is horrible, just looking at myself in the mirror. And then it was just accepting who I was. And, you know, not being so hard on myself. Again, it you know, it took me a lot of stages to get there. But it was just like, a lot of it was to do with affirmations like positive affirmations and positive self-talk and even just picking up sticky notes saying I am enough. I am loved I am worthy. It's eventually it just gets ingrained into your mindset. And you know, you do start to believe those words, don't you?

**Kris Pedretti:** Yeah, yeah, it at our UBU that's the monthly thing. We actually that is what is all over the yard or signs of your may even the tablecloths, you are amazing, you are loved, you know, don't look back, you're not going that way anymore. You know, just so I get it. And thank you for sharing that.

**Anu:** Oh, no, yeah, no, it's important because I think in anything that we can do to help survivors out there to first of all, gain that self-love. And I've been talking about this recently, where I believe that we need to marry ourselves first before we even enter into a relationship and get married to anybody because you know, without us, loving ourselves and being true to ourselves, how can we contribute towards a healthy relationship?

**Kris Pedretti:** Right, that's right.

**Anu:** Yeah. Because otherwise, what we're doing is getting entering into a relationship where we're wanting that other person to fill in, you know, the gaps that we have and to fill in that, you know, the lack of love that we have for ourselves. And that's very unhealthy someone figured because then you're attracting the wrong people into your life.

**Kris Pedretti:** That's very true. That's probably why many of us who have been assaulted don't have the health relationships and don't stay married because I everything you're saying is spot on. Although I don't think I realized that I didn't think it was my fault that you know, I don't it was always just oh, well, you know, another one bites the desk.

**Anu:** Maybe I said relationships. Yay. Yeah, come on. Who's next?

**Kris Pedretti:** Yeah, but you don't think about like you just said it. And it makes so much sense. But even with you just now saying that I don't think that ever, even though I'm doing all these things I like I knew they're right. And they felt good. But I think you just put it like them a nice little box with a bow on it. And, and I don't think that most people who have been assaulted love themselves very much. And so they don't think about oh, I need to love myself first. It just doesn't resonate. And that's why I think you said it took a couple decades, it took me some decades, but with the support, and with the love of being able to say it out loud, or in whichever manner you choose. I think that that message can be received so much earlier, and so many years won't be wasted on you know, just blindly making it day by day. So yeah.

**Anu:** So okay, so as we come to the end, that I just have a few questions just to put you on the spot, because I like doing. So what is your biggest regret up until date?

**Kris Pedretti:** Oh, my biggest regret is that my behavior, the PTSD. I had no idea what was going on. But I think I was I hurt a lot of people. And I because I couldn't maintain a relationship. You know, I just, I wasn't the person that I am today, I was much more self-centered, maybe or, that's where I can say is weird. Like, I just, I didn't operate in the same world that everybody else did. And I think I did hurt people. And I probably could have been a better mom, I have three kids. And they're all you know, older now. And I, I moved out like three years later and got married when I was 20. Like you said, running and had children. And I think I probably could have been a better mom. I wasn't a bad mom. I mean, I didn't hurt them or anything. But I think I could have maybe been a more complete person. If I had had to help.

**Anu:** And I guess it because it's something which I struggle with is it's just that presence bit, you know, being present. And I think maybe that's what you were lacking. Because you were so traumatized, it's difficult to accept where you are. Because you're stuck in the past, aren't you?

**Kris Pedretti:** Yeah, you're surviving day by day.

**Anu:** Yeah, exactly. So, yeah. And what you'd like, looking back to when you were kind of you know, in your late teens after the incident happened, what's the one thing that you'd like to say to that younger child of yours, the inner child.

**Kris Pedretti:** Is not your fault. And that you are loved. And get the support. Don't worry about what other people may say or do take care of you.

**Anu:** Thank you. And I think that finishes off nicely on a beautiful positive note. So thank you very much, Chris, for sharing such sad, yeah, inspiring story. I think you're amazing. And you've just come such a long way. After suffering for so long. And, you know, for anybody who has been through such a traumatizing event, I know that, you know, and an easy way out is to actually, you know, enjoy life. But I think for a lot of us who are still here, you know, it says a lot about us that, you know, we're born to thrive, were born to inspire. And, you know, we're still here today, because we've got so much beauty within us that we need to share with the world. And I think you are a prime example of that.

**Kris Pedretti:** Thank you

**Anu:** Thank you so much. And on that note, we will say bye. And I will add a link to Chris's website and any other social media links that Chris might have, including her Facebook group that you may join. Because I think that you know, this group, it's about a bit off, because I feel there's so many people in need of this support right now. And yeah, and I wish you all the success with that, Kris, I truly do.

**Kris Pedretti:** Thank you so much, and thank you for allowing me on your show. I really appreciate it.

**Anu:** And while this episode comes to an end, do you may want to check kept my book victim 2 Victor. Now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can

find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

