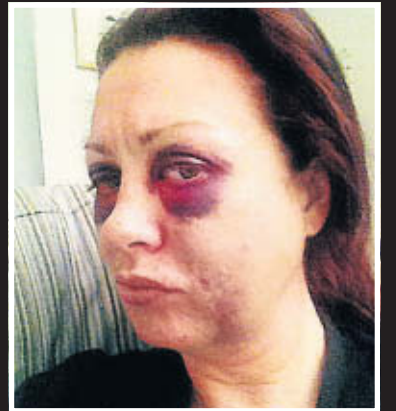
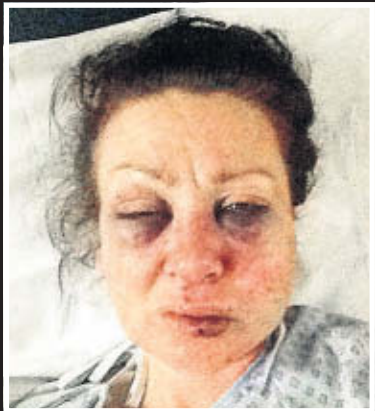


SELFIE HELP



Woman took pics every day of her recovery after boyfriend nearly battered her to death



EXCLUSIVE

by Emily Hall

A WOMAN took a selfie of her battered face every day to help her get over a horrific attack by her ex.

Caroline Way has now bravely shared the series of snaps online in the hope that they can inspire other victims of domestic abuse.

The businesswoman, 41, was attacked by Deke Orriss, 39, following a row. He throttled her until she almost passed out.

His blows left her with a broken jaw, a cracked eye socket, two black eyes and blurred vision – and she ended up needing much of her face rebuilt.

Therapeutic

Orriss had even grabbed a big kitchen knife and threatened to rape her before saying: “We are going upstairs to die now.”

As Caroline dealt with her physical wounds, she found a novel way to tackle the mental ones. She said: “I became a selfie queen. I used to take a picture of my face every day just to see it changing and how I was getting better. I found it so therapeutic.

“This was a way of telling myself that because I could see my physical scars retreating, I knew my mental ones would too.

“Then I realised I could help other women by showing them

what I had overcome so I posted the pictures on Facebook. The response was overwhelming.”

Caroline met Orriss in her home town Axbridge, Somerset, when she was 30. She brushed off his past, including heroin use and a GBH conviction, when he promised he had changed.

She said: “Looking back, I feel like an idiot as I’m so not the sort of person to get involved with someone like that. But I thought I could change him.”

Caroline eventually ended the relationship but let him stay in their home while he looked for somewhere else. She started seeing other men, which raised the tension with her jealous ex.

She said: “One night there was a tussle over my phone and he wanted to check it. I knocked him accidentally and he flipped.

“He pinned me down and strangled me. He was sitting on top of me and I couldn’t breathe. He punched me so many times.

“He said he was going to rape me and went to the kitchen and picked up a huge knife.”

As she was dragged upstairs, Caroline saw her swollen face in a mirror and started to laugh because she did not recognise herself. She said: “It was that reaction that made him switch back and he started crying.”

At Taunton crown court Orriss got 18 months, suspended for two years, after admitting GBH.

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RECOVERY: Caroline is inspiration



BRUTE: With her attacker, Deke Orriss

