

Poemachismo, una relación atravesada por la violencia
Poemachismo, a relationship marked by gender based violence
Poemacismo, uma relação marcada pela violência de gênero.

Ana Sedano Santiago

Máster en Educación Especial (Universidad de Almería). IES Alhadra (Almería).

<https://orcid.org/0009-0003-5425-1518>

ana90seda@gmail.com

Abstract

In *Poemachismo*, Diana Rodríguez-Rey Sánchez delves into her own story with a profoundly moving courage. This deeply autobiographical work compiles texts she has written throughout a relationship marked by male violence, from her early teens to adulthood, when she finally dares to confront her experiences. With an intimate and poetic voice, she analyzes the emotional and psychological mechanisms that sustain the cycle of violence: the weight of guilt, the emotional dependence that imprisons, the idealization that numbs, the exhausting over-responsibility, and the learned helplessness that silences.

Keywords: Woman, poetry, prose, relationships, gender violence.

Resumen

En *Poemachismo*, Diana Rodríguez-Rey Sánchez se adentra en su propia historia con una valentía que estremece. La obra, profundamente autobiográfica, recoge los textos que ha ido escribiendo a lo largo de una relación atravesada por la violencia machista, desde sus primeros años de adolescencia hasta la adultez en la que, finalmente, se atreve a mirar de frente lo vivido. Con una voz íntima y poética, analiza los mecanismos emocionales y psicológicos que sostienen el ciclo de la violencia: la culpa que pesa como ladrillos, la dependencia emocional que aprisiona, la idealización que anestesia, la hiperresponsabilización que agota y la indefensión aprendida que calla.

Palabras clave: Mujer, poesía, prosa, relaciones afectivas, violencia de género.

Resumo

Em *Poemachismo*, Diana Rodríguez-Rey Sánchez mergulha na sua própria história com uma coragem profundamente comovente. Esta obra profundamente autobiográfica reúne textos que escreveu ao longo de uma relação marcada pela violência masculina, desde a adolescência até à

idade adulta, quando finalmente ousa confrontar as suas vivências. Com uma voz íntima e poética, ela analisa os mecanismos emocionais e psicológicos que sustentam o ciclo da violência: o peso da culpa, a dependência emocional que aprisiona, a idealização que entorpece, a sobrecarga de responsabilidade e a impotência aprendida que silencia.

Palavras-chave: Mulher, poesia, prosa, relações, violência de gênero.

What is truly powerful about the book is not the wound itself, but the transformation and metamorphosis that unfolds. Diana does not just recount a painful process (Mateos, 2025); she revisits it, understands it, and, little by little, reinterprets it until it becomes an act of freedom.

Her evolution —that journey from romantic love to self-love— is narrated with great sincerity, unfolding with a moving naturalness, showing how she removes the blindfold, how she looks at herself, how she learns to look at herself without fear, and how she finally decides to place herself at the middle.

On a personal level, her writing has deeply touched me, even knowing part of her story. We are friends, and many of her experiences were already familiar to me, but I was still surprised by the way she transforms them into poetry and prose.

I have been completely absorbed by her narrative, navigating its pages as if walking beside her, feeling every emotion firsthand. Her ability to convey emotion, to open up her world with such sensitivity and, at the same time, such raw honesty, is truly impressive.

Added to this are the illustrations by Estefanía Fernández Suárez (@estefiwonder), which not only complement the work, but expand upon it. They are images brimming with creativity and truth, so representative of the reality Diana narrates that they seem to breathe it. I also know Estefi: her art is even part of my skin in the form of a few tattoos.

Poemachismo is essential reading for any woman, without excluding men in any way, because its capacity to provoke reflection is universal. It speaks of pain, yes, but also of strength, resilience, and the real possibility of rebuilding oneself. And here, I want to pause to publicly congratulate the author: what she has achieved is enormous. The way she shares her story and her poems, the way she shows her evolution in the face of sexism and abuse, is profoundly inspiring. This book is an act of courage and, at the same time, an embrace for so many women who may see themselves reflected in it. Diana, you should be immensely proud.

References

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