Shattered picture, broken family, splintered reflection, fractured life
Adrift, alone, listless, lost
Floundering
Directionless
Starting over, starting again
Terrified to trust
Let down by services, let down by people
Afraid to be vulnerable
In the shadow of the perpetrator
A ghost of a person
Exposed
Angry
No light at the end of the tunnel
No port to harbour
Cut off
An Alien

Deep breath, shaking voice
Say your name
Tell your story
Out of fear and into faith
In a future
In recovering
The fragile belief in better days to come
Of no more pain
Nights crying to sleep get less
Laughs get longer, louder, deeper
Self-belief increases
Hope grows
A reminder to do some self-care
That we are never alone
That the world once cruel now feels a little kinder
The space to go from caterpillar to butterfly
In a cocoon, a safe space
An oasis in the dessert
The relief of being able to breath out
Breath in
Relaxation exercises, yoga and box breathing
Talking about those secrets that kept us stuck in shame
Finally released from the crippling guilt

No longer hiding
The shadow diminished
Letting in the light
Strength in vulnerability
We are enough, we are strength, we are amazing

Women and children growing together
The cracks where once we were broken now cast in gold
We are all beautiful Kintsugi women now
Sharing the journey so far, now with a compass to follow to a better future
Guided home to ourselves
The scars healed
At peace