

*If I told you,
What would you do?*

*Would you
encourage me to use
my voice?*



*Would you encourage me to use my **voice**?*

I need you to know how much courage it takes for me to break the silence.

I need you not to silence me the way others have.

I need you to listen attentively when I speak about what I have been carrying.

I need you to validate my expression of my experience.

I need my experience to be appreciated from my perspective.

I need you not to make any assumptions about me, my story or my needs.

I need you to hold the conversation open.

I need your encouragement when I find ways to communicate with others.

I need you to respect that my story is mine at all times.

