

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.

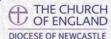
I need my experience to be appreciated from my perspective.

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.



The eyes of the Lord are on the righteous, and his ears are open to their cry

Psalm 34:15



