

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

*Would you  
**value** who I am  
right now?*



# Would you *value* who I am right now?

**I need** to be met where I am.

**I need** you to accept me for who I am.

**I need** to feel whole, not broken, damaged or contaminated.

**I need** to be and feel valued.

**I need** you not to make me feel judged. I already feel shame which is not mine to hold.

**I need** you not to turn away from me because of the way I have coped with my trauma.

**I need** you not to make me feel rejected or alienated,  
either consciously or unconsciously.

**I need** to be treated as an equal of worth in all aspects,  
including the life of the church and society.

**I need** to be able to retain my own identity at all times.

**I need** you to see God's image in me.

*... Are not two sparrows sold for a penny?  
And even the hairs of your head are all counted.  
So do not be afraid; you are of more value  
than many sparrows.*

Matthew 10:26-31 abridged

