Shattered picture

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

***Rhiannon, 2021***