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I wish that s ded h en I v d in pi re be ne as ne if irt. I wish that someone said I shouldn't to g ough I wish d no left som ly lowest point me if I wa someone said t en I felt a ish that \ kay. I wi me it wasn't my fault. I wish that someone said I didn't deserve what was happening. I wish that when I doubted everything in my life someone said they believed me. I wish that someone asked me if I needed help. I wish that when I was broken and in pieces someone said I'm sorry you are being hurt. I wish that someone said I shouldn't have to go through this. I wish that when I had no self esteem left someone said I was worth something. I wish that at my lowest point someone said they were there for me. I wish that when I felt alone someone asked me if I was okay. I wish that when I was overcome with guilt someone told me it wasn't my fault. I wish that someone said I didn't deserve what was happening. I wish that when I doubted everything in my life someone said they believed me. 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Why not? If you think someone you know is experiencing abuse, talk to them. It may be the help they need.



