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. 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. 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. 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. 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 someone said I didn't deserve what was happening. 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. 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 when I doubted everything in my life someone said they believed 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 n't deserve what was happening. I wish that when I was broken and in pieces someone said I'm sorry you are being hurt. I wish that someo I I should o 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 some id ti elt alone someone asked me if I was okay. I wish wish that doubted ever that someone said I didn't deserve what was ha ife someone said they believed me. I wish that someone asked me if I needed help. I wish that l Wa ry you are being hurt. I wish that someone said esteem left I shouldn't have to go through this. I wish that wh ad n mething. I wish that at my lowest point someone e said said they were there for me. I wish that when I f was overcome with guilt someone told me it is okay. wasn't my fault. I wish that someone said I didn't deserve what happening. I wish that when I doubted everything in my life someone said they believed me. I wish that when I was broken and in pieces someone said I y you are being hurt. I wish that someone said I shouldn't have to go through this. I wish one said t<u>hey</u> were there for me. I wish that that when I had no self esteem <u>l</u>eft <u>so</u>meone said <u>I</u> wa<u>s w</u>orth som ething. I wish that at my lowest point so I wish that someone said when I felt alone someone ome v e it thing I didn't deserve what was ha eone asked me if I needed ng. I ne help. I wish someone said I sh vhen I h 't hav 0 1 this. I wish something. I wish that at my lowest ne wa: point someone said they we nat when I fe ne some ercome with guilt someone told me it wasn't my fault. I w everything many life someone said they believed aidn't deserve what was happeving. I wish that whe me. I wish that someone ask if I needed help. I wish that when I was broke $\mathfrak p$ and in pie $\mathfrak p$ es someone said I'm sorry you are being hurt. I wish that someone said I shouldn't have to go unrough this. I wish that when I had no self est em left so eone said I was worth something. I wish that at my lowest point someone said they were there come with guilt someone told vas ol me it wasn't my fault. I wish in my life someone said they Wa believed me. I wish that som if I ed hel at v aid I'm sorry you are being hurt. I wish was n a that someone said I shouldn't to g l ha self es left ne said I w ing. I wish that at my lowest rth so point someone said they wen ercome 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. I wish that when I felt alone someone asked me if I was okay. 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. 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 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 that 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 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. I wish that when I felt alone someone asked me if I was okay. I wish that someone said I didn't deserve what was happening. 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 when I was broken and in pieces someone said I'm sorry you are being hurt. I wish that at my lowest point someone said they were there for me. I wish that someone asked me if I needed help. I wish someone said I didn't deserve what was happening. I wish that when I had no self esteem left someone said I was worth something. I wish someone asked me if I was okay. I wish that someone told me it wasn't my fault. I wish that at my lowest point someone said they were there for me. I wish that when I was broken and in pieces someone said I'm sorry you are being hurt. I wish that someone asked me if I needed help. 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 someone said I didn't deserve what was happening. 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 when I was broken and in pieces someone said I'm sorry you are being hurt. I wish that someone asked me if I needed help. I wish that when I was overcome with guilt someone told me it wasn't my fault. I wish that when I doubted everything in my life someone said they believed me.

Why? If you think someone you know is experiencing abuse, talk to them. It may be the help they need.



