

QUOTES FOR WHY WE DO THE TRAUMA NARRATIVE

“Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.”

-Mr. Rogers

“There is no greater agony than bearing an untold story inside you.”

-Maya Angelou

"All sorrows can be borne if you put them into a story or tell a story about them."

-Isak Denison

"Even when it's not pretty or perfect. Even when it's more real than you want it to be. Your story is what you have, what you will always have. It is something to own"

-Michelle Obama

You can do this!!!