

SUR·VIVOR

by a survivor of childhood sexual violence

I am not a trophy survivor
Years have passed and he haunts me unpredictably
and in every caress
Where some can share their story I just want to forget

I am not a pretty survivor
I have nightmares, anxiety, and struggle to sleep
I can't name my feelings, except maybe numb and complex

I am not a poster survivor
If I had the power I would take it away,
Yes I have developed resilience
but it was not worth the extent of my pain

But

I am a survivor
I survived
I survive

My living is my thriving