Date Submitted: 7/20/2020 Author: Anonymous, 35-44 years-old

"Values surfacing unwillingly true and sorrowful. Family brought to the forefront longed ignored. Tormenting filled void of inaccuracies passing misery so not be alone. Be strong. Be silent. Be seen. Become. Healing years path taken my many. Casting shadows driven senseless. Despair no more with helping hands. Be kind to yourself."