

Most of the time we believe we aren't - enough because of the things we have gone through, and I get that because at one point I have felt that way. I was 13 years old when I went camping <sup>(w/ family)</sup> ~~(friend)~~. I was really tired from the long drive so I went to sleep in my tent. In the middle of the night I heard something outside, I tried not to move because I was so scared, and the noise kept getting closer & closer. I saw the tent door opening slowly and I saw this huge drunk looking man coming into my tent and that's where everything began. I felt <sup>(this bear)</sup> him getting closer & closer to me and he touched every single part of me. My body felt ashamed, confused, sad, hurt, and broken. My mouth didn't know how to speak up. I was in tears. I couldn't believe what was happening to me - a 13 year old girl. I tried to move away but he didn't let me go. I felt alone and obligated. I thought there was no way out, there wasn't. The hurting stopped and he left like nothing ever happened. The next day, I was shocked I didn't talk, didn't eat, didn't do anything. I distanced myself from everyone because I was still processing every-single thing. He smiled in my face

like nothing ever happen, like it was normal.  
I signed a wow! but all I wanted to do  
was scream, cry, punch him and tell him  
how much I hated him because he  
violated my body. But the words couldn't  
quite come out. I personally felt like I was  
being distributed \_\_\_\_\_ . He took something  
that was never his. I was so broken inside  
I was mad at the world and myself. I felt  
like I wasn't enough. I thought I didn't need to  
be alive. Every single day since that day happen,  
I thought it was my fault but now I no longer  
feel that way. I am a survivor. I know someone  
is out there who needs to hear this, but if you're  
in a point in your life, where you think you don't  
belong in this world; you are wrong. You are brave!  
I empathize for all the shitty things people  
have put you through, but I promise you are  
not alone anymore. You will feel all these emo-  
tions but not worry, because that's the process of  
healing. Don't keep the pain in, let yourself  
heal. Trust me, you are going to become such  
a strong person along the way. It's okay to cry,  
don't hold it in, let it out. I empathize for  
the way people took advantage of you.  
People are not for sale, you and especially

You are not for sale. You deserve nothing but the best, even though it may not seem like it right now but you do. Yes there will be rough path along the way, but you will always go through the dark in order to see the light. You are a survivor remember. Appreciate yourself because you are of value. Don't give up on yourself, hold on tight. Believe in yourself, you are <sup>a</sup> brave person that's going through the darkness who soon will see the light. Keep your head up, no matter what situation you are in, you will overcome what you went through and you will become a stronger person. I hope my story made you realize that life will kick you in the butt when you less expect it, but don't give up keep on going. May peace be with you and for those who believe in God, may God bless you.