


**Hello
friend,**



We're survivors, you and I.

What's happening to you right now is not your fault. You didn't ask for it, and you sure as hell don't deserve it. No one does.

It may be impossible to believe right now, but you will heal. You will stop being afraid. And you will find joy again someday.

You're strong. Never forget that, OK?

You are worthy of love, happiness, safety and respect. Find your passions again, do the things that make your life sing.

Seek out your tribe and run with them.

The next time things get dark, and the whole world seems to close in on you.

Do me a favour? Listen to your heartbeat. Let it ground you. Let it light the darkness.

You can do this.
Just follow that heart of yours.

Your friend,

Sam

A survivor of domestic violence

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