

## **Before We Begin**

Before you turn the page, there is something I need you to know:

- I will not look away from your truth.
- I will not tell you it was not that bad.
- I will not rush your healing or shame your grief.
- I will not hand you empty platitudes when what you need is honesty.
- I will sit with you in the mess without demanding you make it pretty.
- I will believe you, even when others didn't.
- I will remind you of your worth when you've been convinced you have none.
- And I will hold the mirror steady until you can see yourself -whole, unbroken, and enough.

You've felt invisible for a long time. In these pages, you will be seen.