

Chains Broken
By Heather Saunders

To the stranger
Who tried to destroy me
I'm writing this
To you
Stronger than I ever was
I'm picking up this pen
So much more fearless
So much less angry
Able to be more free
From the memories
You chained to me
The version of who I am
Is more joyful
Confident
More free
Than you used to
Allow me to be
To the old me
Fighting to survive
Trauma made it hard
To want to stay alive
Look at you now
How amazing is it
To be released
From the burden
You never felt
Would ever
Let loose
It's October
And the emotions
That normally consume you
Are not in the forefront
Of your life
Rather you are finding
Who you truly are
Separate from him
To the current me
Your resilience is so impressive
You are so strong
You are experiencing more contentment
Instead of resentment

I am so proud of how far you have come
And although there is always
Growth able to be made
I find comfort in knowing
My life did not
Get destroyed
In fact it is able to
Bring freedom to be enjoyed
Hopefully this will not fade